

The Funky Raw

Issue 25 - Autumn 2012

magazine

£3.50

Healthy eating for everyone



Longevity • Raw Recipes and Reviews • Real Love

From the Editor

You might notice something different about this issue... yes, we've gone full colour! What a great way to celebrate our 25th issue! Still printed on recycled paper, and now with vegetable based inks, we're sticking to our eco principles.



This issue sees the return of Tish (now known as Letitia), the founder of Funky Raw, with an article on her explorations of consciousness and finding of Real Love (p30).

We've got a great selection of raw and related product reviews, look out for Jessie's review of *Festive - The Best Raw Food Christmas Recipes* if you want to prepare some raw treats for the holidays, which also includes a sample mince pie recipe (p10). And see the main recipe section for a great selection of recipes including "Roasted" Mushrooms with Fennel Salad (p14) and a Fermented Grape Drink (p16).

I'm looking for more writers to take the magazine forwards, if you think you could be a part of the team, please email me, address below.

Hope you enjoy, any comments please get in touch, I would love to hear what you like and don't like so I can make it better for you...

love from Rob - email me at magazine@funkyraw.com

Cover Artwork

Untitled by Jasmine Barratt.

You can view more and purchase some of the artist's paintings here:

<http://artir.co/art>



Advertising

Next issue deadline 4th Jan 2013.

Rates start at £48 (inc VAT) with discounts for block booking.

Please see www.funkyraw.com/ads/ for full rate list.

Funky Raw is a member of Ink, the Independent News Collective, trade association of the radical and alternative press in the UK.
www.ink.uk.com



This magazine is printed on 100% post consumer waste recycled paper by an environmentally friendly printer using vegetable based inks.

Raw Food: What? How? Why?

Raw food is about eating the way nature intended. It's about fresh ripe fruits and vegetables, nuts and seeds. It's about delicious flavours and healthy living.

No other animal on this planet cooks it's food, and in general they enjoy much better health than humans do! Many people find benefits to eating more raw food including increased energy, uplifted mood, weight control, less need for sleep, better skin, clearer thinking and intuition, increased effectiveness, calmer, more contented children. Many people notice that their connections to nature and to other people deepen.

Due to the current state of humans, the state of the soil (lacking minerals due to intensive farming) and the actual fruit (changed through many thousands of years of hybridisation by humans) this is the diet we currently recommend:

Fruit - High quality fruit, fully ripened and grown on rich soil.

Greens - high quality greens grown on rich soil, particularly wild greens, in the form of salads, juice and blends (which help digestion), are essential for minerals and rebuilding.

Nuts and seeds - these are important to get enough density and rebuilding fuel to compensate for our malfunctioning systems. Soak before use to aid assimilation and remove anti-nutrients.

Animal products - insects would have definitely been part of our archaic diet. Figs for instance are a primate's favourite food and wild figs are laden with insect matter. At the very least we need to substitute for this. We use unpasteurised milk and cheese and butter made with unpasteurised milk, goats or sheep's generally being better than cows milk. Raw egg yolks are nutrient dense, buy them direct from a local farmer.

Some people need more animal foods, organ meats such as liver are nutrient dense. All animal foods should be from animals eating their natural diet, eg grass for cows.

Supplements and Superfoods - these help to compensate for not only our malfunctioning system but also for the degeneration of the soil. It may be possible however to avoid supplements if one eats food that are grown on very rich soil.

High Quality cold pressed oils - Flax and hemp seed oils are excellent. Keep all oils in the fridge.

Find out more on our website:

www.funkyraw.com

The Funky Raw Magazine is open for your **writing, recipes, artwork, food preparation tips, poetry, cartoons, short stories**, etc. Contributors receive a discount from the Funky Raw online shop and a free copy of the magazine. Please send submissions to magazine@funkyraw.com

Submission deadline for next issue: **10th Sept 2012.**

Advertising deadline: 24th Sept 2012 funkyraw.com/ads/

The editor reserves the right to edit articles for the sake of space and / or clarity.

The content of this magazine does not necessarily represent or reflect the editor's complete opinions, beliefs, thoughts or own experience. Copyright of submissions remains with each individual author or artist.

Everyone who reads this magazine is 100% responsible for what they do with the information presented here!

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News

Got a story? Email news@funkyraw.com

New café with Raw Food in Leeds

by Susan Laing

I had the fortunate experience to meet Reuben Mariathasan and Bev McDonnell who now have just opened up the Global Tribe Café above their majick crystal shop. You couldn't get a more beautiful space for a cafe in a city if you wanted to! And they will be/are introducing Raw food dishes on the menu too! Woopee for all us rawbees out there.

Their very first Raw Food Class was organised by myself with the inspirational voice of Piter Caizer on wild grass. So we really felt the whole café come alive in that day with the abundance of chlorophyll flowing into everyone's glasses. I know these guys will make it all happen and I can honestly say if you are visiting Leeds don't miss out when you come to visit and add the shop and café to your list of places to experience!

It's at 18 Swan Street, just off Briggate down a little cobble alley.

The menu is vegetarian and vegan with raw and gluten free options. You can see some of the menu on the website: www.globaltribecafe.com Tel: 0113 3184289

And another café with Raw Food in London

Down To Earth is the latest vegetarian/vegan place to start serving raw dishes. Formerly Luscious Organic, it has expanded, improved and re-launched. The separate raw food menu contains lasagna, courgette pasta, raw pizza, falafel wrap, vegetable terrine, bruschettas and raw tapas, all of which are vegan. All ingredients are organic, and it says on the menu "Dishes may contain nuts, but most can be made nut-free on request." The menu also includes organic fresh juices and smoothies.

There is also a wholefoods shop with organic fruit and veg and some raw packaged foods.

240-242 Kensington High Street, Kensington, London.

Tel: 020 7371 6987 www.downtoearth.co.uk

UK's First Off Grid School of Living Raw Foods by Dawn Houghton

We are a small group of dedicated, radical pioneers seeking to co-create the School of Living Raw Foods, here in Carmarthenshire, Wales. We invite interest from those who share our vision, to come join us, share and support the School where ever possible, so we can all manifest this into reality.

Our vision so far is of an autonomous training and healing centre, built from natural materials, powered by solar and wind, with natural water treatment systems, permaculture gardens growing the foods and medicinal plants to support the on site community, visitors and supply the centres cafe.

Our aim for the School is to provide the very best and most radical Living Foods education, healing therapies, support systems, totally awesome cuisine and organic produce. Inspiration for the School comes from Hippocrates Institute and Tree of Life Arizona.

Whilst we are a small group at this time, we wish others to join us and create their own true path to be of deep service to the wider community. We have a great deal of Heart Work to do to make this happen so, if our vision interests and ignites something within you, we are loving to connect with you.

Contact us at www.schooloflivingrawfoods.com
dawn@schooloflivingrawfoods.com

RFD (Raw Food Dude)

Sally Holloway

Inspired by London 2012 RFD has decided to hold a Bean Sprout Olympics in his own kitchen

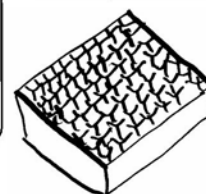


Yes it's very exciting to be here at the 2012 Bean Sprout Olympics opening ceremony. Opened by the queen of sprouts, yes these lovely little fenugreek...

First it's the 80 millimetre sprint. The record is held by the sunflowers who grew that far in a mere 7days, 3 hours, and 20 seconds...

Then the synchronised growing, usually won by the alfalfas. Look at the even way they open their leaves..

And finally, my favourite, mung bean sumo wrestling! Go baby, go...



Next issue: The Allotment Games! Highlights include racing the runner beans and trampolining with the spring onions.....

Local Gatherings and Potlucks

A potluck is an event where everyone brings a raw dish to share. They are great for meeting other raw fooders in your area, making new friends, talking about what to eat, swapping recipes, etc. If there is no potluck listed for your area, have a search on www.meetup.com and also see www.funkyraw.com/events/ or start your own. If you organise a potluck, email the details to news@funkyraw.com to have it listed here.

Hebden Bridge & Leeds

Meetups and wild food walks. See Facebook page for future events: www.tinyurl.com/rawhebden

South Manchester

A new group, join them at: www.facebook.com/groups/southmanchesterraw/

Glasgow/Central Scotland

Next meetup Sun Nov 18 in Tarbrax "Bring your Raw Signature Dish" in aid of charity: www.meetup.com/Glasgow-Raw-Food/

Cambridge

Meetups, dinners and other events. Contact Barbara: www.rawfiesta.com barbarafernandez@msn.com

Bedfordshire/Northamptonshire

Monthly on Sunday Lunchtime from 1pm. Contact Elizabeth Drake on 07795 250312 www.tinyurl.com/rawbeds

Bath

Monthly on a Sunday evening: www.positivelivingbath.co.uk/raw-food/raw-food-potluck/ or contact Jonathan: 07740 706232

Bristol

See website for future events: www.rawsome.co.uk/category/events/info@rawsome.co.uk

Cardiff

First potluck will be on a Saturday evening in November, contact Nicola on kalistar@hotmail.co.uk

Bridgwater, Somerset

Monthly potluck, next date Sat 1st Dec. More details: www.resource-me.com/noticeboard.html

Please RSVP: enquiries@resource-me.com Tel 01278 671863

Exeter

New monthly potluck at the Exeter Steiner School, probably on the last Friday of the month at 2pm - contact Charlotte on 07967 719 456 to confirm.

Sunderland/Newcastle

The 2nd Sunday of every month 12.30pm at the Quaker Meeting House, Sunderland, SR6 9PG. Also 4th Tuesday of every month in Newcastle, 6-8pm. For more info contact Madeleine on emvz53@gmail.com and see www.tinyurl.com/nerawmeet

Hull

FEAST (Food Education And Social Transformation) is Hull's conscious eating group which meets once a fortnight or so to eat, chat and organise. All welcome, call 07908 018 251 for more info.

Colchester

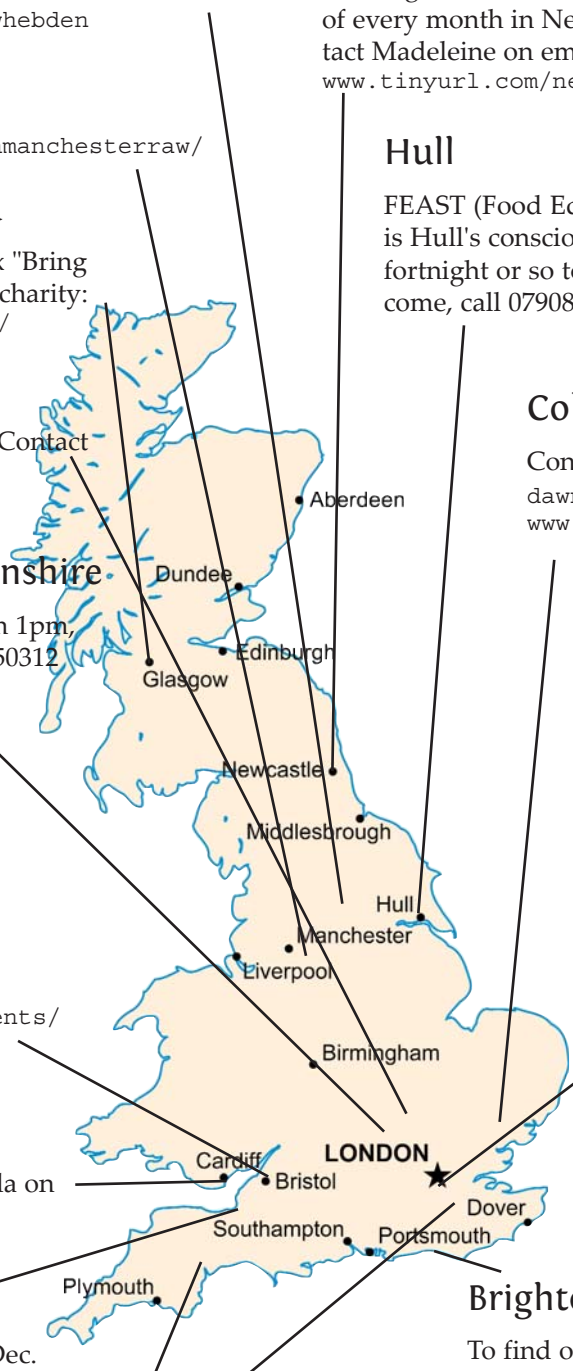
Contact Dawn on 01206 735780 or dawn.waterhouse@yahoo.com www.tinyurl.com/dwnaturalhealth

London

North London: See the website for details of next meetup: www.tinyurl.com/londonraw

East London: monthly Potluck in Plaistow, E13. For more info call Helen on 07940 057 724, or email rawfoodgardener@yahoo.com for

London Raw Food Meetup group www.meetup.com/rawliving/ see website for future events.



Brighton

To find out about potlucks in Brighton, visit: www.meetup.com/Brightons-raw-food-lovers/ and www.tinyurl.com/rawbrighton

Forest Row

First Tuesday of each month at 'The Milliners Studio', Lewes Road, Forest Row, East Sussex, RH18 5AF. Suggested donation £5. Please contact Sarmado to book or more info on 07757 766917 www.rawlovelife.com/event/raw-pot-luck-supper-club/

Workshops & Events

To get your event listed here, add it to our website at www.funkyraw.com/events/

Introduction to Raw Food Workshop

Date: Sunday 28 October, 1pm to 3pm

Location: Rydevale Day Nursery, Balham, South London

Description: Join Patricia Ferguson for this intensive three hour class:

- How to create mouth-watering, nutritious raw meals
- Simple ways to include more living food into your cooked food diet
- Which raw food equipment best suits your budget and kitchen
- How to make the transition towards a raw food diet

On the day, Patricia shows you how to easily prepare tasty meals from scratch – and even recreates the raw equivalent of your favourite cooked food dish.

This beginner's guide to raw food really is an education for your taste buds! See for yourself how easy it is to prepare simple dishes such as curries, dips, sauces, vegetable wraps, ice cream, cheesecake and chocolate mousse. That's not all...

Price: £50

Website: www.greenleavesherbalhealth.co.uk

Raw Magic Dinner Party

Date: Friday November 30th, 7 to 10 pm

Location: Kempton, Brighton

Description: Kate has created the menu and will be on hand all evening to serve and chat with you. The menu:

Drinks: Kombucha

Starters: Chris's Muddy Crackers & Bayonnaise

Main: Yellow Thai Curry with Kimchi salad

Dessert: Royal Strawberry Pie

To finish: Eternitea & Femininitea & chocolate

Price: £35, advance booking only. Book by sending payment by PayPal to emmahiwaizi@gmail.com

Website: www.katesmagicbubble.com

Raw Food and Yoga Urban Retreat

Date: Saturday 3 to Sunday 4 Nov

Location: Covent Garden, London

Description: A gorgeous non-residential weekend retreat in the heart of London. Come and discover more about raw food and unwind and relax with yoga during this lovely weekend retreat.

In association with Yoga on a Shoestring, Saskia and Dory will be weaving their special kind of magic to bring you true mind, body and soul nourishment.

Raw food and life coach Saskia Fraser, of Raw Freedom, will be talking about the mind, body and spirit benefits of eating a diet high in raw foods. She'll be demonstrating how to make quick and delicious raw recipes for increased energy, vitality and positivity.

Yoga teacher and author Dory Walker, of Yogakutir, will be guiding through detoxing and relaxing yoga practices for everyday use.

Website: www.rawfreedom.co.uk

Superfood Magic in Bristol

Date: Tuesday 11th December, 7 to 9 pm

Location: Radford Mill Farm Shop, 41 Picton Street, Bristol, BS6 5PZ

Description: In this two-hour class, Kate Magic will be talking about superfoods. What exactly is a superfood, why are they important, and what are the many benefits of taking them? She will discuss some of the most popular superfoods, and the best ways to take them.

Price: Tickets will be available on the door for £15 each, subject to availability.

Contact: 0117 942 6644

Website: www.rawliving.eu

Raw Magic Dinner with Kate & Anna Middleton

Date: Wednesday 12th December, 7 to 10 pm

Location: Radford Mill Farm Shop, Bristol, BS6 5PZ

Description: Kate Magic and Anna Middleton are working together to create a stunning raw food menu for you. They will prepare a three course meal, menu as follows:

On arrival: fermented soft drink

Starters: Garlick Soup & Chia Toast

Main: Thai Yellow Curry with Kelp Noodles & Kale Salad

Dessert: a Kate & Anna Extravaganza Cake!

To finish: Eternitea & a raw chocolate

Price: £35

Contact: 0117 942 6644

Website: www.rawliving.eu

Raw Magic in Thailand

Date: December 20th-27th

Location: Koh Mak Resort, Koh Mak, Thailand

Description: The Christmas of a lifetime with Kate Magic & Maria Lawino Johnson. Gourmet raw foods, ashtanga yoga, and dance workshops set on a paradise beach. All classes, accommodation and three meals a day included in the price.

Price: £900

Website: www.rawliving.eu

Yoga and Juice Feasting Detox Retreat

Date: Sat 2 to Fri 8 Feb 2013

Location: North Devon Coast

Description: A deeply restorative retreat for body and mind. We will be "Juice Feasting", that is drinking as much fresh raw organic vegetable and fruit juices as you like, with additional superfood items. You aim to take in a standard daily amount of calories whilst your body is experiencing extreme nutrition and digestive rest, soothing and calming your system, clearing your head and increasing your flexibility, all of which is in complete synergy with our yoga programme. We are just a few minutes walk from a sandy beach. Therapy sessions will be on offer.

Price: From £365 early bird before end Nov, from £400 afterwards, depending on room option.

Website: www.puraliferetreats.co.uk

Contact: puraliferetreats@gmail.com / 07971148531

RawFest 2012: A Weekend of Celebration, Inspiration and Amazing Food

Event review by Rebecca Kane

RawFest meant Cornwall and raw food – two of my favourite things, how could I not attend? This was a three day festival celebrating abundant health, energy, love of raw food and healthy lifestyles.

Top international raw food experts, chefs, health and nutritional advisors were on hand to share their knowledge and advice, alongside local producers; all of who highlighted and encouraged the benefits and enjoyment of raw food, wild food, herbs, and of course being in Cornwall, seaweeds. There were also yoga sessions, tai chi and dance workshops, strength training, relaxation, massage, live music, circus acts and activities for children.

For three days I enjoyed amazing gourmet food created by the talented Boris Lauser of b.alive café and his merry helpers. If you ever need convincing that raw food was more than just salads this was the place to be – I particularly loved the fresh 'pasta' dishes.

Although I grew up in Cornwall I had never really tried seaweed, and after this event I can't believe what I've been missing out on! Other highlights for me including listening to the wonders of juicing wild grass, so much so that when I returned home I was straight out foraging and had my first wild grass and stinging nettle juice and wow – It was delicious! I'm a convert...

Of course alongside seaweed and grass there were more decadent recipes to try including Kate Magic's wonderful creations such as her Royal Blueberry Pie and Rum and Raisin Chocolate. I think it's also fair to say that my chocolate recipes for Raw Rolos and Raw Bounty Bars were also very popular with people talking about them all weekend.

At RawFest there really was something for everyone no matter where you were on your raw food journey; whether you were just curious about raw food or looking to give yourself a complete diet makeover. If you wanted to taste test, discover and enjoy the flavours and sensations of vibrant raw foods or learn more about the science and nutritional benefits that this way of eating has to offer or if you just wanted to meet like minded people who wanted to celebrate and enjoy a weekend of delicious food, great music and wonderful company.

This is definitely a date I will be putting in my diary next year, to learn more visit www.rawfestcornwall.com

Rebecca Kane is Founder of Shine On Raw

www.ShineOnRaw.com



The Truly Alive Child by Simon Paul Harrison

Book review by Helen Kirby Roach

A delightful book for all to enjoy - irrespective of whether you have children or not. As we are all connected, we influence every child that we come into contact with, therefore we each have a concurrent responsibility to the individual and the whole.

The composite intelligence known as Abraham Hicks advises:

"You must allow your children to be free, because the entire Universe is set up to accommodate that. And anything you do to the contrary will only bring you regret. You cannot contain those that cannot be contained. It defies Law."

Simon Paul Harrison writes similarly in chapter 2:

"Consciously creating change to give children more freedom, more adventure and more love, joy and peace can be challenging. Not for children but for us adults. But its okay; we can trust our children. They are capable of much more than we think. For every ounce of love and freedom we show them, they will give us back many many times over"

The book is written in a simple, easy to read style but never the less has deep, thought provoking substance. Simon purports that something and/or anything either comes from a place of love or a place of fear. Having been raised by fearful influences ourselves (which affect even the lucky ones who had/have enlightened parents) we continue to live our lives in fear. Simon shows how to halt that, indeed has made it his daily work to teach how nature will always support us if we just but look.

I so wish that starting out as a home educating mother in the early 80's I had been able to turn to this wonderful book. My children would be the happier for it. (Note that I write this as a mother to 5 lovely caring adults whom I am close to!) Simon echoes John Taylor Gatto - whom for the uninitiated is an elderly ex-school teacher and vociferous proponent of home education. Simon similarly is an ex school teacher who saw that what

he did was not good! So to paraphrase Gandhi's suggestion - he became the change he wanted to see in the world.

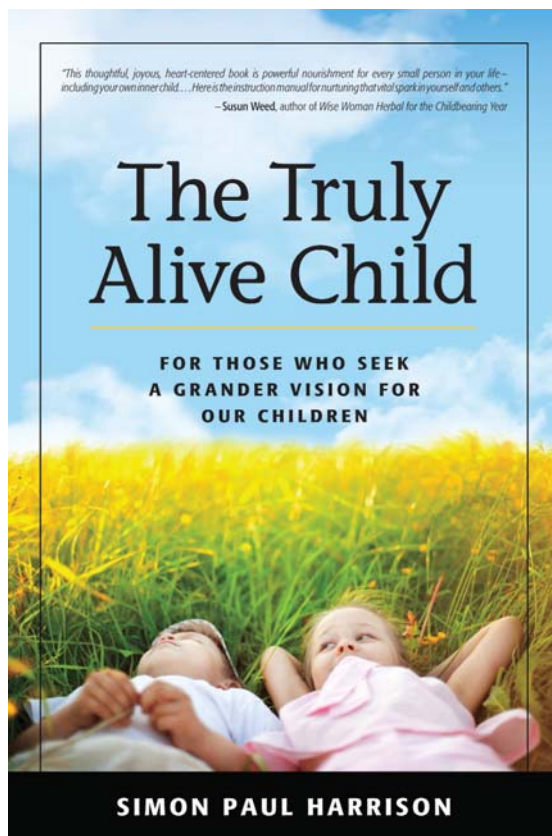
Simon comments thus in chapter 8: "The education system lives perennially in the future. Children always have distant goals to reach almost always in the form of a test to pass sometime in the future. Goodness only knows what children would do if they lived in the here and now."

The keys words Simon emphasises as being necessary to living a happy and fulfilled life are love, peace, joy and purpose. All of us need to be able to attain or embrace these. He maintains that the system has to change, and we all have a responsibility regarding this, yet it is simply a choice. We can choose to keep the status quo in education or move away from it, in a manner that suits the individual family unit and the individual child within that.

His book is filled with ways to bring a child into awareness of the connection to everything. This book fired me with hope and inspiration as I read because of how Simon offers ways to bring a child (or ourselves) closer to nature, to our true connection. He is never dogmatic, instead is always respectful. Although he decries the school system he does not undermine the parent. Indeed he suggests in the final chapter:

"You already know what you have to offer. Talk to other people from groups of like minded parents, facilities, communities. Question everything including the education system, the beliefs we pass on to children and especially the ideas presented in this book. This will lead you to your own truths and from there the possibilities are endless."

Reading this caused me to wonder exactly what had I done to pass on my knowledge beyond that of my



own brood... as over the 30 years since I began home education, the school system still exists in such an ineffective way for the growth of a child's spirit. Of course we know why the system exists - to churn out robotic unthinking money earners for the governments - however we have the choice to collectively bring the changes our children need. Our children should be free to search for and learn the things they want. We produce these miraculous perfect beings then mostly, to quote the famed Phillip Larkin poem we 'bleep them up'. Let us instead learn from them, but firstly learn from this inspirational book!

Helen Kirby Roach is more than happy to freely advise any home educating parent (or otherwise) from her wealth of experience! She is not an ex-teacher and at the time of starting on this road (aged 22) had no formal qualifications having left school as soon as was physically possible.

Contact her via:

rawfoodyhealthnut@gmail.com
rawfoodyhealthnut.blogspot.com

Paperback 227 pages
ISBN 978-0983483625

More info and purchase in USA
www.trulyalivechild.com

Rawr Chocolates Review by Suz Evasdaughter

Rawr have reformulated their range using coconut sugar rather than agave. Overall the whole range of the six flavourful bars are extremely successful with the right balance of ingredients to achieve the desired effects. Though I had no issue with it, the texture is quite gritty rather than smooth. The firm bite provides just what you would expect from an adult sophisticated chocolate bar.

Purity provides a satisfying mouthful with each square - full of flavour due to the selection of the cacao beans with delicate notes of rich fruity cacao coming through. I love this one. There is no bitterness due to the softening effect of the lucuma and vanilla so it is eminently edible - what a treat - it has 68% cacao solids.

Intensity has a much more solid dark chocolate flavour. It would suit anyone used to high end dark non-raw chocolate. 80% solids but yet again softened by the cunning use of lucuma and vanilla.

Christmas Gold - now you're talking, whilst the other flavours are splendid, this one for me is superb. It is a real melt in the mouth and it has a luxurious mouth feel - very sweet and indulgent mmmm. I love the angelic wrapping and it is certainly heaven sent - channelled direct to the chocolatier at Rawr. It is a lot like eating the best kind of tablet fudge that you only indulged in (before you knew better) on trips to Welsh villages - immediate seconds of this were required!

Passion with its spiky heart wrapper really lives up to its name. There is a rich deep sensual alluring - almost illusive - undertone to the flavour that reminds me of the mix in non-raw chocolates of the blend of strawberries and chocolate but so much better! I'd say the flavour magician got this spot on but I wouldn't say no to even more of a hint of the illusive flavour

Zest - wow! The orange flavour hits you immediately and surrounds you like a wagon train. A good solid chunky bite into a pit of warm soft oranges - the healthy delivery vehicle of the chocolate always present keeping you satiated and adored! Irresistible.

After Dinner - Perfect! Intense but smooth and soothing just the right amount of peppermint - just like After Eight but without that cloying sweetness and the mouth feel stays around in a satisfying way mmmmm.



Rawr Chocolate bars are sweetened with coconut palm sugar and lucuma. They available direct from www.rawrchoc.com for £2.45 per 60g bar and from heath food shops across the UK and much of Europe.

Festive by Tanya Alekseeva

eBook review by Jessie Maguire

I always get excited before reading Tanya's ebooks. They are always beautifully and professionally presented, with gorgeous photos of fantastically yummy looking food! This one is no exception and is even a little more special because they're Xmas recipes! As we all know, Xmas can present some challenges when raw, but we all want to indulge and share lovely times with our loved ones over a delicious meal, and Tanya's 42 page ebook is exactly the recipe book you can use to produce just that.

As always, there's a useful equipment section, followed by 5 different scrummy looking drinks, including: Nut Nog, Hemp Chai, Immunity Shooters and Kombucha Mimosa.

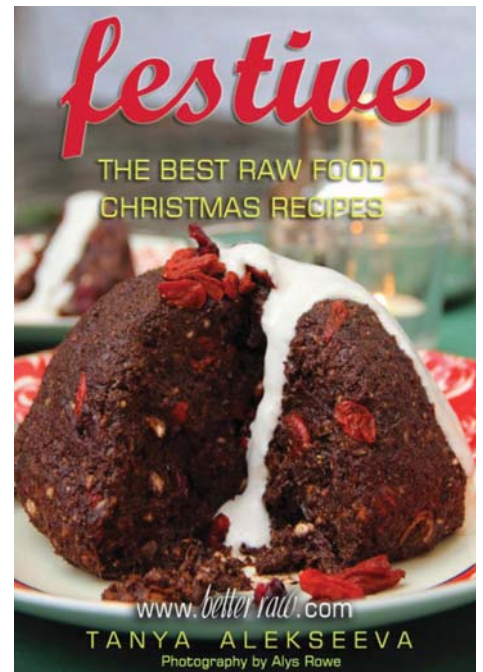
Next is Sides and Sauces, and there are 8 to choose from. Cashew Cream, Cranberry Chutney, Gravy, Caramelised Onions...!!!! Mushroom Jus, Spreadable Cheese, Mango Boats. Everything is simple and yet so ele-

gant. The Sweet Potato Mash looks absolutely incredible!

The 'Meals' are next. Nut Loaf, Cream of Pea Soup, Stuffed Peppers. Even Mini Pizzas!

For me, though, the Desserts section looks the most lovely. There are 10 winter treats to pick from. Cinnamon Cookies, White Choc Berry Cake, Ginger Crunch Cookies, Christmas Pudding. Mince Pies, Boozy Cream (with alcohol), Very Berry Trifles. Oh my goodness! Maybe we should all just eat puddings for xmas!

Agave is included in the recipes, as are dates, and maple syrup, but not one ingredient in the book looks difficult to source. The recipes combine in some instances, to make a full dish, but all appear as though they would be equally amazing on their own. I made the christmas pudding, and though missing a few ingredients because I am in Bolivia, it was to die for. Absolutely stunning. It was cer-



tainly a winner with the cooked fooders! Have a delve into this ebook, and let me know if you're not over the moon with your purchase!

Thanks Tanya, for making xmas better than it was before!

PDF ebook 42 pages

£15 from www.betterraw.com

Sample Recipe: Mince Pies

For the Crust

2 cups cashews
1½ cups dates
½ cup desiccated Coconut
2 tbsps coconut butter, melted
2 pinch salt

Process cashews and dates in the food processor with an S Blade.

Add the rest of ingredients [Tip: melt the coconut butter gently in a dehydrator or in a double boiler] and process again.

Divide the mixture between 12 non stick muffin tins (I had a shallow pie/bun tray) and press it into each tin to take the shape of the mould.

Place in the freezer to set for 30 mins.

For the Filling

3 pears, grated
½ cup raisins, finely chopped
3 medjool dates, finely chopped
juice of 1 orange
zest of 1 orange
1 tsp Spice mix (mine had cinnamon, nutmeg, clove and coriander)

Mix all ingredients (except the spices) in a bowl and leave aside to marinate for 2-6 hours.

Transfer into a nut bag/ cheese cloth and squeeze out the juice.

[Tip: do not over do it, so the mixture is still slightly moist. Also dilute the juice with water for a yummy drink.]

Divide the mixture into 12 equal parts and scoop into each ready moulded crust.

[Tip: when you take the crust out of the freezer, pop it out with a sharp knife to loosen from the mould, but then leave it inside, until serving.]



Inlight Organic Face Cleanser

Review by Dawn Waterhouse

I was quite intrigued to be asked to review this gorgeous little product. I love natural skin care products and enjoy making our own with my children. But time is not on everyone's hands to sit and play at potions – so here is a beautiful blue jar that may well tick your box.

Inlight organic skin care products are based on a farm in the heart of Cornwall countryside using soil association certified organic ingredients. They do not claim to be raw – but they are 100% natural. Their products “promote true health as they act in tune with each person's life force which is the sole force of true beauty and the expression of balance in time”.

Each Inlight product is formulated by Dr Spiezia, a Doctor, Herbalist and Homeopath. There are very few people with the qualifications across all three boards... and he has come up with a great vision... To create “cos-methical” products to help the skin, using organic and homeopathic remedies. Being a homeopath myself, I am thrilled to see a natural skin care range using homeopathics to help heal and detoxify the body. So much better than placing toxic compounds on the skin to be absorbed and transported to our vital organs.

The product contents do not interfere with homeopathic treatment. The ingredients of his range include a wonderful array of truly natural oils, herbal extracts and homeopathic preparations. From coconut oil to clove flowers, from rosemary to rosehip this cleanser has a clever and delicate balance of facial nourishment – with not a drop of



water or alcohol in sight!

I loved the blue glass jar that this cleanser arrived in... and I also loved the fresh, nourishing and invigorating scent I was greeted with when I opened the jar.

The cleanser is gently massaged into the face and then after a few moments, wiped off with a warm, damp cloth. I was expecting the kind of feel I recall from my teen days on the few occasions where I dabbled with make-up and soap and water would just not muscle

up to the job (I hasten to add make up is something I no longer share my time with, although the cleanser is designed to remove make up too!). What joy when I finished my cleanse - my face felt tingly fresh and clean.....and nourished. It was a lovely experience – with no greasy after feel and my skin felt soft and clean all day. It has been a pleasure to trial Inlight Organic Facial Cleanser.

The company's products come highly recommended, Inlight organic cleanser has received the green parent natural beauty award for 2011, The natural health magazine best buy award for 2011 and the complete skin care range has itself received many great awards.

This is a product that I would be happy to use again – and I would be happy to recommend to my clients.

Available from www.inlight-online.co.uk

£29.50 for a 60ml glass jar – a little goes a long way!

Holocuren Miracle Propolis Toothpaste

Review by Sarah Ince

Following my article on amalgam filling removal in the previous issue of Funky Raw, I was given Propolis drops to use to assist healing. I struggled with the drops, both in taste and texture, yet aspired to using the wonderful healing agent that propolis is. I was very excited, therefore, to discover a toothpaste made with propolis! This time, the form of which propolis appeared was far more appealing, with a pleasant taste and texture, I eagerly sampled this amazing alternative to traditional toothpaste, which often does not seem to have multiple func-

tions, such as the propolis toothpaste. Holocuren Propolis toothpaste is great for the gums, builds immunity and protection from bacteria, heals post op wounds, ulcers, viruses, and keeps your breath beautifully fresh. I have experienced less bleeding from my gums, less sensitivity, somehow my mouth feels like it is healed upon each use. In addition to containing maximum strength propolis,

the miracle toothpaste also contains tea tree in high concentration, so both ingredients offer amazing benefits that you will not find in your average toothpaste, providing anti-viral, anti-fungal, anti-bacterial, and anti-inflammatory protection.

Read more from Sarah Ince at Blue Apples Writing: www.blueappleswriting.org



A little goes a long way, so I feel the pricing at £12.95 is excellent value for money.

Stockist: www.beautyworkswest.com

My Day with Gourmet Raw Food School

Raw class review by Ceri Jones

A sunny Saturday at the end of September I found myself wandering the streets of South Kensington, cup of steaming black coffee in hand searching for the **Gourmet Raw Food School**. I was there to spend the day learning about the benefits of eating raw food, along with some raw recipes, some raw tasters and more importantly some inspiration for my paleo focussed recipe blog. The fact that I had a steaming coffee in my hand worried me slightly – would this be frowned upon?

I've had an interest in raw food for some time. I have never wanted to move to a raw lifestyle since I am doing well on the paleo ideals that I have been following for the last two years. However, since studying a short course in nutrition at the College of Naturopathic Medicine and learning (amongst other things) the importance of retaining the diverse nutrients in the food we eat, I was keen to learn a little more about raw food in general, as well as getting some more tips for desserts!

The course was run by Holly Paige and Andrew Davis (who runs the *Gourmet Raw*). They put everyone at ease on arrival, and began the day serving us up a tangy and nutritionally dense super green juice – containing celery, kale, onion, lemon, ginger, apple and hemp seeds. If only I had the time and equipment to enable me to start everyday with such a boost of vitamins and minerals! Whilst we drank our juices Holly and Andrew explained their journeys to a raw lifestyle, the benefits of a raw lifestyle and a half way house of incorporating more raw food into our daily lives. I was delighted to discover that currently Holly was happy drinking coffee as part of her diet and as a result I felt less guilty about the piping hot black Americano coffee I had drunk on the way...

The rest of the day was a feast of information, recipes and

food. I found the raw food that we tried so amazingly rich in flavour, and dense in texture, that volume-wise you really needed to eat a lot less!

We started with a **chocolate pudding** you can eat for breakfast (hemp milk, orange zest, dried figs, apricots, sunflower seeds, pumpkin seeds, sesame seeds, bananas, coconut butter, salt, maca, cacao powder, vanilla powder, topped with strawberries), followed by **kale chips** prepared in dehydrator (I've been doing them for a while now, in the oven), **raw buckwheat bread** (the dehydrator again) and **Thai Soup** (yes a soup!). The soup consisted of vegetables, cashews for creamy texture, and a little warm water. The soup was made in a whizzy Vitamix blender, a machine so powerful it obliterates anything in its path into a fine creamy smooth liquid. Warm soup without boiling the life out of vegetables? – I've got to get me one of those machines! Unfortunately a Vitamix blender is hideously expensive, but then you're saving on costs of an oven and gas hobs right?

It was then time for lunch. I was already a little full from the morning samples, but still enjoyed tucking into **raw pizza**, **fresh green salad** dressed in a wonderful **tahini-orange**

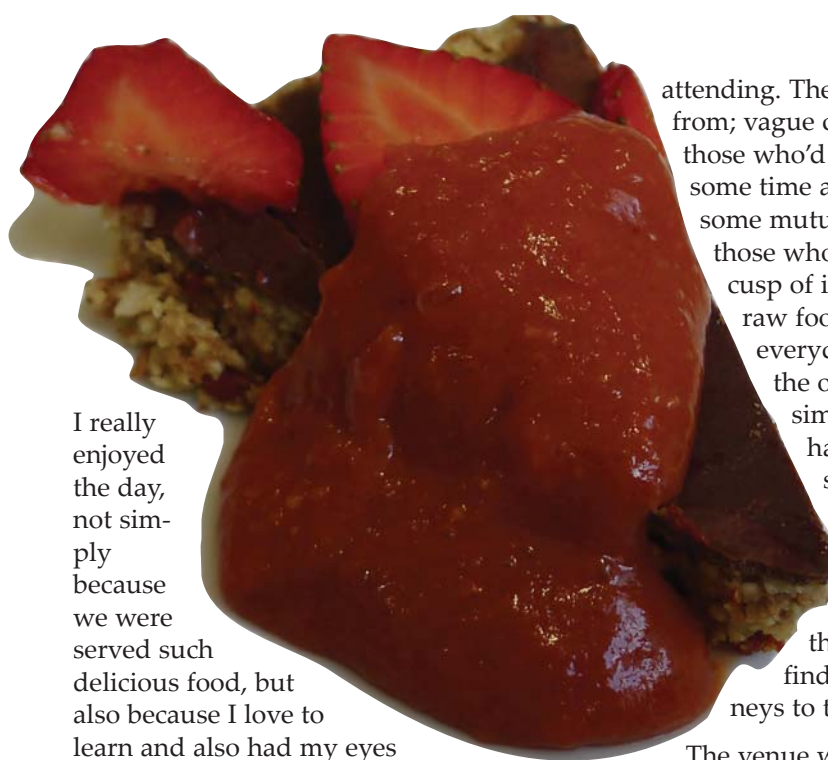
dressing, and a dollop of **raw sauerkraut**. Orange and tahini together – what an excellent idea. As a crazed tahini fan I will most definitely be trying this out.

Whilst we munched on a **raw chocolate cake** and some **raw chocolates** for pud (naturally, the bit I had been waiting for), we learned further about the art of culturing vegetables, and also kefir. Both of which are full of pre/pro-biotic goodness and, coincidentally, things I have been reading about recently (I just featured a kefir ice-cream recipe on my blog). Holly even rather generously gave me some kefir starter to take-away and experiment with!

To finish Holly made us a wonderful tea elixir – tea blended with creamed coconut and potent exotic superfoods such as maca and shilajit. It was as cosy and comforting as a luscious hot chocolate – with none of the guilt. If I could have one of these every afternoon I would be a very happy girl.

We were also given a rough guide to sprouting seeds, general tips on succeeding with a raw lifestyle and kitting out a raw kitchen (yep I now officially have a dehydrator, Vitamix and juicer on my ever increasing kitchen wish list).





I really enjoyed the day, not simply because we were served such delicious food, but also because I love to learn and also had my eyes opened to another type of healthy lifestyle, which clearly Holly and Andrew are thriving on.

I'd love to say that there were a diverse mix of people there, but it was a bit female heavy (all 10 of us...!) - are there no men out there want to learn about raw food?? However, we were diverse in other ways - through a mix of nationalities and our reasons for

attending. These ranged from; vague curiosity (me), those who'd been raw for some time and wanted some mutual support, and those who were on the cusp of incorporating raw foods into their everyday life. Though the one encouraging similarity we all had was a passion for a healthy lifestyle and it was fantastic to chat with the others and find out their journeys to today.

The venue wasn't ideal for the course - we were stuck in the middle of a cafe (albeit a beautiful one in), in a health centre in South Kensington (I'd love to run somewhere like this one day), and I found the stream of gym goers and customers a little distracting. I would however definitely recommend this course in terms of content. Holly and Andrew above all have a passion and generosity for

what they share which is superbly backed up with nutritional knowledge, and stunningly tasty recipes.

So am I going to covert to be a raw foodie? Well no - because I don't think it's the right path for me, but I am definitely going to incorporate more raw foods into my diet from now on. Not just the raw chocolate I might add...

Gourmet Raw Food School:
www.therawfoodschoo.com

Holly's website:
www.foodforconsciousness.co.uk

Andrew's website:
www.gourmetraw.com

Café/Health Centre website:
www.lomaxpt.com

Ceri is author of food and recipe blog - cucinaceri.com, which is loosely based on the paleo concept. Her simple recipes are devised using ingredients in their most natural form and are always gluten free. Ceri has taken courses in naturopathic nutrition and tries to reflect this in her healthy recipes. As well as Paleo, Ceri has a particular interest in raw food - mainly desserts...

Miracle Lips Serum

Review by Sarah Ince

Have you ever felt that lip balms just seem to sit on the lips, but not penetrate, like a serum would? In the days before I cleansed my life out from top to bottom, I used a lip serum from an apparently natural brand, only to find hidden in the ingredients list a toxic nasty. I had given up on finding an entirely natural alternative, when I was introduced to miracle lips. The ingredient list is not only impeccable, but a miracle how many beneficial oils and butters are used in the creation of this lovely and effective product for your lips. The ingredients are:

Shea butter extract, raspberry butter, cranberry butter, organic aloe vera, sunflower oil, carnuba, zinc sulfate, grape seed oil, cranberry fruit, cocoa seed butter, elder flower, licorice extract, lichen extract, chaparral

extract, golden seal extract, shea butter fruit, witch hazel, avocado oil, myrrh extract, boric acid, menthol, camphor, niacin, vitamin B2, B7, E, C, A, D3, tea tree oil and propolis.

The lip serum feels wonderfully light and great on and smells divine. The silky smooth serum also has medicinal qualities for cold sores, chapped lips, and for insect bites, minor cuts and blemishes. All ingredients are completely organic and natural.

Read more from Sarah Ince at Blue Apples Writing: www.blueappleswriting.org

Priced at £14.95, a little goes a very long way, so this should last you a long time. Purchase from Beauty Works West at www.beautyworkswest.com



Recipes

Want your recipe to appear here? Email it to magazine@funkyraw.com Free magazine if used.

“Roasted” Mushrooms with Fennel Salad

As you probably know by now, I like to keep it simple. I prefer to spend no more than 20 minutes in the kitchen and still create something delicious. This dish is really quick to prepare but you'll need time to leave it in the dehydrator for a while. It's so delicious though that it's really worth waiting for and your house will smell heavenly! The mushrooms are just like roasted mushrooms and are nicely complemented with a simple salad that is not heavy on dressing or overpowering herbs, etc.

Mushrooms are incredibly healthy and fennel bulbs are very rich in antioxidants and have anti-inflammatory and anti-cancer qualities. They're also a very good source of fibre and some vitamins and minerals such as vitamin C (to boost your immune system), folate (a B vitamin that will help reduce your homocysteine levels and lower your chances of a heart-attack), and potassium (to help lower high blood pressure). These precious bulbs have other medicinal qualities too. They can improve digestion, help with urinary tract infections (UTI), and even provide relief from migraines! Of course it's always an option to just eat them for their unique flavour...

“Roasted” Mushrooms

Ingredients (Serves 2-3)

Approx 20 white button or crimini mushrooms
¼ red onion
2 in sprig of rosemary
4 tbsps olive oil
4 tbsps nama shoyu
water

Directions

1. Brush the dirt off the mushrooms, trim the ends of the stems if necessary and quarter each head.
2. Prepare the marinade by mixing the olive oil, shoyu, and a little water.
3. Take the rosemary leaves off the sprig, chop them really fine and mix with the oil and shoyu.
4. Slice the onion and toss everything in a bowl to mix well.
5. Place it all in the dehydrator (leaving them in a relatively flat bowl works best) for a couple of hours at 46°C (115°F) and toss them around every 15-20 minutes or so.

Fennel Salad

Ingredients: (Serves 2-3)

1 apple (I used a Fuji but I think green apples would work really well. Just use your favourite kind or whatever you have available)

1 fennel bulb and some of the feathery green top (that looks a lot like dill)
few slices of red onion
2-3 tbsps of walnut oil
dulse flakes
Optional: chopped walnuts, salt & pepper or herbs of your choice

Directions

1. Quarter the apple, remove the core, and slice the quarter pieces crosswise and as thin as possible.
2. Slice both the fennel bulb and the onion paper thin (or as thin as you can).
3. In a salad bowl, toss everything with walnut oil, sprinkle with dulse (add salt and pepper if you like) and garnish with some of the feathery parts of the fennel chopped up.

Now the question is, why would you go to a restaurant?

by Dita - www.rawfoodfortruth.blogspot.com



Super Brownies



As if a nerd and an athlete had put their heads together to figure out what to make for dessert...

The brainstorming started when I got some Ginkgo Biloba. It's got a very strong aroma and I would never want to take it straight as a spoonful of powder, how boring! Well, what better way to "serve" it up than hidden in brownies? Not the classic way but when do I ever follow traditions! The resulted "Super Brownies" earned their name based on the superfoods that would satisfy both someone who eats them for brain power or someone who needs a before- or after-workout boost. Why is that? Ginkgo is famous for being a brain-booster (among other things, see below), cacao also increases blood flow to the brain, almonds and coconut oil provide healthy fats, good for both the brain and the active body. Coconut oil's energy is very easily absorbed and dates (along with honey) provide instant energy when needed. Almonds are a commonly known brain-food and don't fall short in improving your performance either when you're training for the Olympics. And hemp protein along with spirulina... do I even need to go there? Both full of essential amino acids (spirulina being 100% complete), they are absolute superfoods that also provide you with perfect building blocks for protein.

Ginkgo Biloba

Famous for its abilities to improve brain function (and that's pretty much all I knew about it, until now), the leaf extract is used for treating a myriad of other conditions as well. It may help improve your peripheral blood circulation and blood circulation to the brain, help treat Alzheimer's and senility, Raynaud's disease, weak eyes caused by poor circulation, or in general, conditions that may benefit from improved blood flow or better circulation.

Possible Side Effects: Dermatitis, irritability, restlessness, diarrhoea and vomiting but supposedly they're rare.

Ingredients (Makes 8 bars)

12 dates (I used Medjools, unsoaked, but if your dates are very dry they may need soaking a little)
1 cup almonds (I sprouted and dehydrated mine before using)
¼ cup cacao powder
1 tsp coconut oil
3 tbsp hemp protein powder
¼ tsp Ginkgo Biloba (always start with just a little bit when using a new-to-you herb)
½ tsp spirulina
optional: honey, cayenne pepper, pinch of salt, vanilla, cinnamon as a topping

Directions

1. In a food processor, take several minutes to grind the almonds very fine. You can't overdo it so if almond butter starts building up on the edges, even better. Scrape the walls every now and then to achieve an even consistency.
 2. Add the dates and process further into a crumbly dough-like even mixture.
 3. Add the rest of the ingredients, process, taste test, and add whatever else you think it may need to satisfy your taste buds. The final mixture should stick together when pinched in between fingers.
 4. Grab a flat-bottomed dish (I use a square glass dish usually), line it with plastic wrap if you like, and press the mixture into it as firmly as possible. Refrigerate for a couple of hours for firmer brownies.
- Serve topped with tons of cinnamon (my way) or topped with a scoop of ice cream. Take a slice or two to work or school for an afternoon pick-me-up. Take some with you to eat before hitting the gym or when leaving the gym starved. Ahh, so much pleasure for just a few minutes of work. It's almost unfair. We have it too good, don't we!

by Dita - Find more of her recipes at www.rawfoodfortruth.blogspot.com



Fermented Grape Drink

I've recently discovered this drink and I love it. Jolita first made it, adapted from recipes in the book *Nourishing Traditions* by Sally Fallon, and then I worked out the exact recipe.

According to *Nourishing Traditions*, drinks like this were consumed by traditional people. Modern drinks like soft drinks, stronger alcohol and "sports drinks" have replaced traditional drinks. But of course the traditional drinks were much better! They contain lactobacilli probiotic bacteria which help with digestion, they quench the thirst much better than plain water and contain electrolytes and minerals so also great to drink when exercising, better than the so called "sports drinks".

The fermentation will make this drink mildly alcoholic, our guess is less than 1%, similar to kombucha.

Ingredients

250g grapes (I like it with black ones best, but green or a mixture works just as well)

1 teaspoon honey

juice of 1 lemon

pinch of salt

optional: teaspoon of whey (I haven't been using this)

Method

Remove the stalks from the grapes and place in a bowl.

Crush the grapes - I used the wooden 'pusher' from our juicer, maybe a rolling pin would work. Try and make sure all the grapes have been crushed.

Place the crushed grapes into a 1 litre jar - I use a kilner jar.

Mix the lemon juice, honey and some water and add to the jar.

Then add more water so that the jar is nearly full, but not completely as you need to leave room for expansion during the fermentation.

Fermentation time depends on temperature and other factors - try it after 24 hours but I have found that 36 to 48 hours is about perfect. To drink strain off the grape skins.

It doesn't keep too long after getting to 'perfect', although it will probably keep better in the fridge at this point (we don't have a fridge at the moment.) Also, the addition of whey is supposed to slow the fermentation down, which means it should keep a bit longer if you use it.

This recipe works with various fruits instead of grapes, we've tried with orange juice, lemon juice, pears and melons - lots to experiment with...

by Rob & Jolita - www.rawrob.com



Carob Haystacks

This was inspired from a recipe I found scribbled on a piece of paper I think taken from a raw recipe book I got from the library a few years ago when I first discovered raw food. I adapted it to be syrup & coconut butter free.

So simple, quick, & so delicious, dates & carob such a simple combination of bliss they were made for each other :) enjoy.

Ingredients

½ cup Raw Carob Powder
(I have found Detox your World to be the tastiest)
½ cup Raw Coconut chips (You could also use freshly grated Coconut)
½ cup Date Caramel - roughly 12 fresh dates blended with a pinch of salt, juice of half a lemon, some warm water & some vanilla dust. You are looking for a smooth, thick texture & it should taste like caramel, just add more ingredients accordingly until you get the taste to your liking. I made this up but have never measured it out just let my senses guide me!

Method

Mix all using your hands in a bowl.
Roll into desired ball sizes.
Arrange on a pretty plate.
Devour.

by Nicola Pledger

Raw Coconut Yogurt

Ingredients

1½ cups packed young coconut pulp
1 - 1½ cups young coconut water
1 teaspoon probiotic powder

Method

Blend all coconut ingredients together in a high speed blender until smooth, starting with 1 cup coconut water... you can add more depending on the thickness of the coconut flesh used

The blender should make the mixture warm which is good. Then stir in the probiotic powder with a wooden spoon.

Transfer to a glass bowl and cover with a towel.

Allow the yogurt to "incubate" for at least up to 12 hours depending on how warm it is. Look at it and taste it after 5 hours. It should have "fluffed" up a bit. If you want it tangy leave it much longer.

At this point stick it in the fridge

You can add fresh grated apple and a sprinkling of cinnamon to each dollop

Probiotic powder = probiotics from Health Food Shop, or use probiotic kefir starting kit from www.coconutty.co.uk

by Susan Laing - www.iridologyforhealth.co.uk and www.raw-spirit.com



Philosophy of a Shamanic Raw Chef by David Woodhouse

Living on this planet, Gaia, is a holistic experience – everything is connected through pure consciousness. My life's path has been raising my consciousness and awareness, discovering different realisations underlying the interconnectedness of all life. Natural mother earth and all her bounty is the perfect expression of that interconnectedness. To take something that is perfectly divine and use my inherent creativity with deep gratitude to weave magic alchemically into creating something that firstly tastes amazing and secondly is a real gift for the body, all round health and the planet. My background is a professional chef, pastry chef and wholefood vegetarian. I believe raw food and raw chocolate is the ultimate in conscious eating and has health benefits.

Taste is important. Cacao in its natural raw form has sheer brilliance and perfection; it enhances mood, gives you a mental lift, makes you more positive. It contains so many minerals that feed the body on so deep a level. Once you turn people's eye and gaze to raw food the actual nutrition speaks for itself. I make things as tasty as I can to dispel scepticism and win people's hearts then the nutritional benefits speak for themselves.

Raw Almond Fudge

200g mixed pecans and walnuts
120g melted cacao butter
100g cacao powder
150g dates
2 tbsps agave (*at Funky Raw we recommend honey or other sweeteners rather than agave*)

Grind nuts to a fine powder

Process cacao butter, cacao powder and dates to a stiff dough

Add the agave and nuts and mix and buzz

Put in a lined tray and chill

David Woodhouse, trading under the name Raw Mischief, sells his raw treats and savouries in the Earthfare wholefoods shop in Glastonbury and some are also available from www.foodforconsciousness.co.uk

Five Additions to your Raw Diet that could make all the Difference

Kenny Sunshine and Holly Paige look at recent advances in longevity research, with some cutting edge supplements.

Have you reached a point of diminishing returns with your raw diet? If so (and even if not) you might want to consider some of the incredible technological breakthroughs that have occurred and continue to occur in the field of raw food nutrition and herbal supplementation. We are very excited and enthused about some of the discoveries that have been made in this field and the implications they have in regard to increasing our health, well being and our ultimate longevity. Below are a few suggestions we want to make to you so as to hopefully enhance your life and the lives of those you love.

Royal Jelly

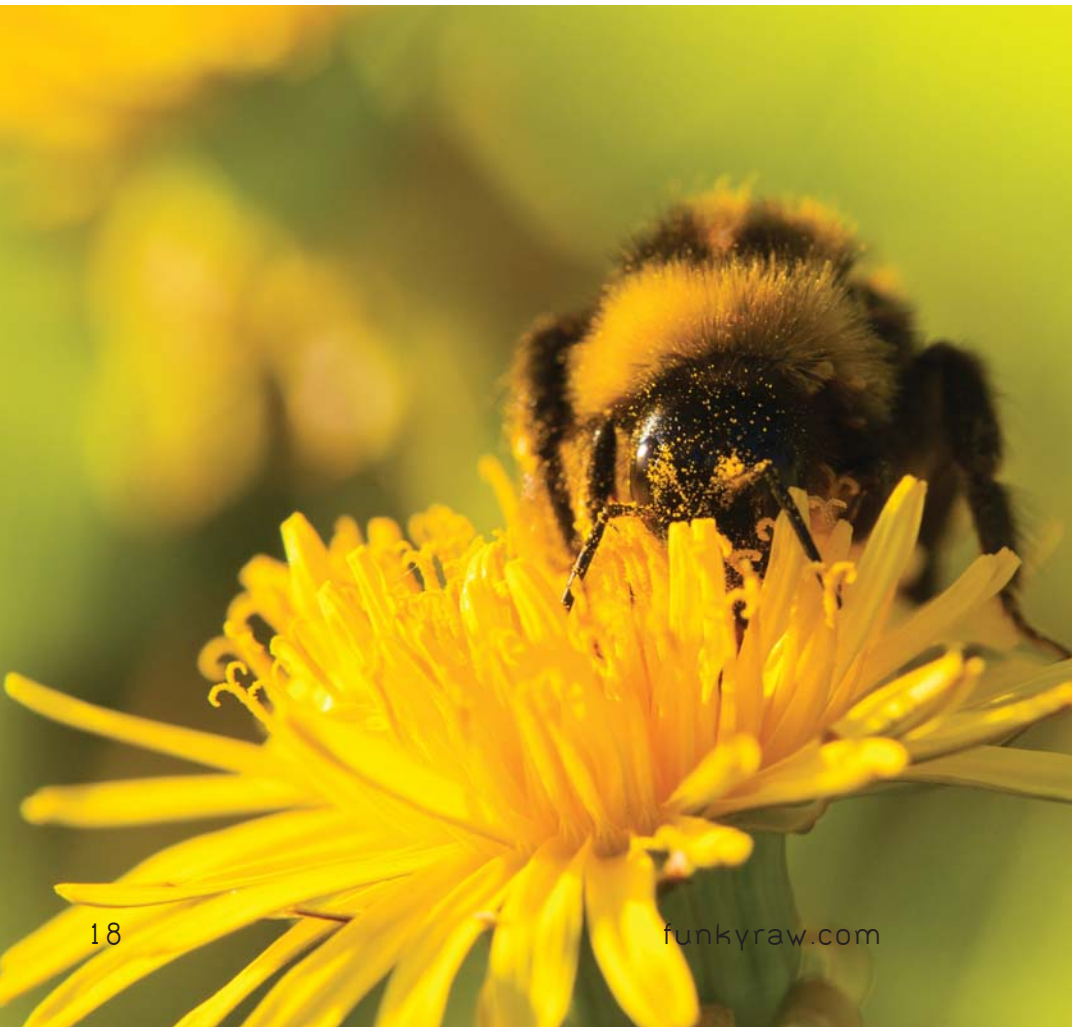
All bee products in general have an incredibly vast array of health benefits but royal jelly has been hailed by some

authorities as the crown jewel of them all; because so little produced, the nutrients are concentrated into a very small amount. The queen bee's reign of a hive (most of her lifespan) is around four years, generally 20 to 25 times longer than the lifespan that of the infertile worker bees. Why is this? Well one reason is that once she is selected as a baby, she is fed on royal jelly exclusively. The queen is genetically the same as the workers or drones, what happens is that the chemical cocktail present in the royal jelly effectively reinterprets the way the DNA is read to produce a very different bee. Because of the royal jelly the baby queen's body changes significantly in form and becomes 40% larger, longer and noticeably more elegant.

Royal Jelly contains a chemical called 10-HDA which is only found in Royal Jelly and cannot be made artificially.

It is believed that 10-HDA is responsible for the many health benefits that Royal Jelly promotes. Fresh royal jelly is extremely antibacterial. The food and drug administration (a US based governing body that regulates the food and pharmaceutical industries) has stated that fresh royal jelly is a more powerful germ killer than most forms of commercial disinfectant.

It is very high in pantothenic acid or B5 which is proven to increase the life span of animals that are fed it as opposed to those that are not by 18 per cent! If you compared this to the average human lifespan it would be about 13 years longer. Royal jelly contains a form of gelatin that is a precursor to collagen production. As we get older, our ability to produce collagen diminishes hence wrinkles, crows feet and blotchy skin starts to turn up on our faces. Because of this, royal jelly can



help to maintain the elasticity of our skin and keep us looking young. Other proven and reported benefits from using royal jelly are increased and improved neural transmission, better short term memory, reduction in cholesterol deposits, reduction in risk of heart disease and improved endocrine/glandular function. Our DNA is read not only when we are developing as babies, but all through our lives as our bodies and brains are being regenerated. Because of its ability to enhance bees' DNA expression, the same may be true for humans.

TA65

In 1984 at the university of Berkeley, California, Carol Greider and Elizabeth Blackburn discovered an enzyme called telomerase. This enzyme plays a vital role in the function of our DNA/RNA make up.

At the end of our DNA, separate from the helix, there are single strand repeats of DNA that in the past seemed to have no obvious function and were originally coined by scientists as 'junk DNA'.

Telomeres are part of this 'junk DNA'. Every time cell division occurs (approximately 1 million cells per second) these single cell repeats become shorter. By the time we get to our later years the telomeres become very short and pave the way for all kinds of physical problems and degenerative diseases to commence. The enzyme telomerase is able to add length to the telomeres. A common denominator of people who live longer than average is that they have longer telomeres. Telomerase contains the instructions on how to add back cell division repeats on the end of the DNA. According to the research if you can keep adding these repeats then the cells can keep dividing indefinitely.

So what does this have to do with the supplement TA65? Researchers at the cutting edge of nutritional science some time ago discovered a saponin that exists in a certain strain of the Chinese herb astragalus that has the capacity to turn production of telomerase on. TA-65 is the first well studied and proven substance to add length to these telomeres. It is made by a company called T.A. Sciences (Telomerase Activation Sciences) who have been granted exclusive rights to market it from the originating company Geron Corporation. A massive amount of astragalus is used in order to extract this compound and each capsule contains around 90%. Because of this a years supply could currently cost around £1700 to £5000. Now this may seem bit steep. But the question I would ask myself is "How much is an extra 10 to 30 years of lifespan worth to me?" Older people generally have the fastest reaction to this substance as they are the ones with the shortest telomere length. Even better news - there may well be, before too long, much more modestly priced versions available - watch this space for news!

Zeolites

The emergence of zeolite as a supplement has been a great affirmation that every crisis produces its own miracles. It has come as a wonderful gift to us in these times of seemingly all-pervading pollution. Used in the clean-up after Chernobyl, zeolite began to be sold as a supplement for detoxifying the human body in the 1990's. Simply put,

when magnified zeolite looks like a honeycomb and carries a charge that allows it to capture toxins. At the same time it is inert and therefore does not react chemically with food or body fluids. Zeolites have many health benefits and uses. They bond with and remove a variety of toxins including heavy metals (e.g. lead, cadmium, aluminium, arsenic and mercury), nitrosamines and radioactive metals such as strontium-90 and caesium. They act as a powerful antioxidant and help buffer body pH to healthy alkalinity. They help remove pesticides, herbicides and dioxins, reduce viral load, help buffer blood sugar levels, improve nutrient absorption, promote healthy gut flora, reduce allergic reactions, enhance immune system and generally help prevent premature ageing.

Like many people, I had been feeling amazing benefits with powdered zeolites for years and was looking for a liquid zeolite which had preserved the structure that is so crucial to its action and also was affordable on an everyday lifestyle. To produce 'Pure Body' liquid zeolite the company that make it, Touchstone, have managed to reduce the particles to a small enough size to enter the bloodstream (0.3 microns) without crushing the zeolite cages. The majority of the particles are between 0.1 and 0.5 microns. The particles over 0.3 microns in size proceed to the large intestine where they trap toxins in the colon. Many people on trying this product report clearer thinking and lots more inspiration and ideas, also a resulting detoxification of their lives in general. I can personally testify to the astonishing effects this zeolite has had on my life, increasing my work stamina, reducing my need for food and bringing to a head for clearing situations in my inner and outer world that had lingered in my life for years. This nutritional journey is a spiritual as well as a physical one!

There is now available a colloidal version which is faster acting and extra strength and in a league of its own. The particle size has been reduced to under 10 nanometers and suspended inside water molecules to quickly travel throughout the body reaching places other zeolites cannot reach... You can find out more here:

foodforconsciousness.mytouchstoneessentials.com

Co-enzyme Q10

Fourthly we come to co-enzyme Q10 (CoQ10), or the form which is more easily utilised by the body, especially as we get older, ubiquinol. CoQ10 is used by every cell in the body to produce energy and helps convert food to energy. It is anti-oxidant and anti-aging. After the age of 30 production of CoQ10 in the body begins to decline and the only substantial dietary sources are really found amongst meats especially organ meats. This may be one of the reasons former vegetarians are drawn to meat as they become older.

If we chose not to eat flesh foods then it would be wise to consider supplementation of certain nutrients. In their pristine biological state it is likely that humans were and would be more able to assimilate and/or synthesis nutrients in a way that is difficult for most of us today. Supplementation can certainly be part of our journey back. Fast and phenomenal benefits can happen with ubiquinol, quickly regaining youthful speed and stamina

that is such a boon in life. The ubiquinol form has been available since about 2006 and some health food shops stock it; if is not available in your local area you can find it online.

Progesterone cream

Last but not least and especially for the many women who unnecessarily suffer at the hands of their own hormones, progesterone cream!

It's a simple fact that humans today generally have unbalanced sex hormones - we have unbalanced levels of oestrogen and testosterone and this causes us more problems than are generally understood. This has been the case to some degree for thousands of years and is due to the reduction of flavonoids (fruit compounds) in our diets and the reduction of melatonin output by the pineal gland. Flavonoids and melatonin help keep the levels of oestrogen and testosterone in balance with other biochemicals in the body.

In women now there is too much oestrogen compared to progesterone. This is an increasing problem even for young women and as women go through the years, this imbalance, or 'oestrogen dominance', gets more extreme eventually producing 'peri-menopausal' and 'menopausal' symptoms.

To further compound the situation, in modern times we have the arrival of oestrogen mimickers, xenoestrogens, in chemicals in our environment, including plastics. The unpleasant symptoms of oestrogen dominance/progesterone deficiency can include depression, anxiety, premenstrual syndrome and excessive bleeding, inability to maintain pregnancies, interference with thyroid function and increased risk of reproductive cancers.

Fortunately there are some simple things we can do to alleviate these symptoms and a natural progesterone cream is one of them. Wellsprings Serenity cream is probably the best one currently available and is very affordable. www.progesterone.co.uk By rubbing a tiny amount into the body for half or more the days of the cycle, progesterone levels are gradually restored. The benefits may be noticed very quickly and also increase over a period of time.

We sincerely hope you benefit from this information and add just one note, the best results come with consistent use over a long enough duration in time. Persistence with all aspects of nutrition and lifestyle habits can work miracles!

You can find more information and links at our websites: www.foodforconsciousness.co.uk and rawrecipesforsuccess.blogspot.co.uk ❀



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The Paleo Diet -

An Introduction For Raw Foodies

Ceri Jones gives us an introduction to the palaeolithic way of eating, and some of the overlaps with raw food.

The Paleo diet (or Palaeolithic in full) is a relatively new concept for modern nutritionists, having exploded onto the mainstream diet circuit only in the last few years. I find this a little ironic since it is the oldest diet known to man! The very basic concept is eating food in its most natural state – as humans would have done in the Palaeolithic or caveman era.

Obviously we don't know everything about how cave-men really did eat, since there were no books or records then. However we have a pretty good idea that they ate indigenously and only ate foods that were available to them – meat, fish, eggs, vegetables, fruit, nuts and seeds – coincidentally way before modern diseases and such exploded across the planet?

With the Paleo diet (or lifestyle as we prefer to say) a strong emphasis is placed on the quality of the ingredients – grass-fed meat, free-range poultry & eggs, cold-pressed oils, organic everything where possible. This is particularly important since agriculture and modern farming developments with pesticides and growing hormones have greatly affected the quality of 21st century food – cavemen didn't feed their chickens a little pill to make them grow quicker and fatter, or feed them cheap mass-produced grains. This is where Paleo differs greatly from faddy diets Dukan or Atkins – where the quality of meat isn't highly advocated. I have often seen a Dukan dieter tucking into a entire pack of processed sandwich ham for lunch. I think this misses the point.

According to government guidelines we should all be eating grains (e.g. rice, wheat, rye etc.), dairy and legumes (pulses and beans) as part of our diet. These are all missing from the paleo approved list. Whilst many of our 'healthy' population consume these on a daily basis, and don't immediately appear to suffer any direct consequences, it doesn't mean they are the best choice for human consumption. There is much legitimate research backing this up uncovering them as anti-nutrient food sources. Packaged food, sugar and cheap vegetable oils also are of course an absolute no-no. Paleo is often thought of as low-carb & protein heavy. It can be and many thrive in this way, but many also do much better including nutritious starches such as sweet potatoes or other root vegetables.

Some choose to eat dairy in its raw form (unpasteurised) and do well including it in their diet. Some choose to

include cream, which has a lower lactose content, some goat's and sheep's products. As with any nutritional choice it is all down to the individual and knowing what works best for your body as well as your ethical beliefs.

The benefits of eating a Paleo diet are countless - such as (but not limited to), better digestion, complexion, more energy, leaner body composition, helps prevent disease, and an effective mechanism for coping with autoimmune diseases.

Obviously it is impossible to eat exactly how cavemen ate – and there are many different theories across the Paleo community how this should be followed – should you really be eating a cake made from Paleo ingredients – since there is no way a caveman would have had an oven? In my opinion I think that Paleo-ising modern day foods through inventive homemade methods with good quality Paleo ingredients - cake, ice-cream, pizza, chocolate, bread, etc. are a great tool for transitioning from an over-processed modern day diet to a 'clean' and natural food world. They are also a pretty good way of showing friends and family that there is no need to feel deprived eating Paleo or that eating highly nutritious Paleo food is boring or bland.

My theory is this. I do eat home-made Paleo-cake when in need of a treat and I'm sure if a cavewoman were alive today she'd have found a way! Or definitely would have learned that blending an avocado with some raw cacao and dates makes one hell of a delicious treat.

For further reading a few of the experts I follow in this field area are:

Chris Kresser: chriskresser.com

Robb Wolf: robwolf.com

Mark Sisson: marksdailyapple.com

Diane Sanfilippo: balancedbites.com

Fitter London/Food: fitterlondon.com

Ceri is author of food and recipe blog - cucinaceri.com, which is loosely based on the Paleo concept. Her simple recipes are devised using ingredients in their most natural form and are always gluten and refined sugar free. Ceri has taken courses in naturopathic nutrition and tries to reflect this in her healthy recipes. As well as Paleo, Ceri has a particular interest in Raw food – mainly chocolate and desserts... ❁



Cool as a Cucumber

Susan Laing dissects the common cucumber - diuretic, detoxifying, anti-tumour and full of vitamins and minerals, she'll have you running to the shop to buy cucumbers before the end of the article...

Its time to write again I say to myself :) As I was sent an email from my chum on cucumbers as she has an allotment and I was thinking to myself its the second time I've been sent an email recently on these wonderful veggies.... or actually they really are fruits (belonging to the Gourd family) as you probably know as they contain seeds. Which is a subject close to my heart! That is seeds and fruits.

Its a dying breed the seed.

Seeds are the SEED of life

Yes too many fruits are being hybridised and we are being sold seedless fruits which is just about as far from nature as you can get. The more man tampers with nature the more **dis-connected** we will become and problems we will incur on well-being and of course Mother Nature. I mean nature is not to be tampered with. Only she KNOWS best and we will never know everything about

nature because that's how it is meant to be. Respect for something more abundant in wisdom than us mere human beings

Well yes the CUCUMBER...when I was living in Nigeria my Dad used to grow them in abundance. I remember going to the garden with him nearly every evening helping him to manifest veggies and fruits. We ate the cuke nearly every day as they were **cooling** to the body. And they are my favourite non sweet fruit! At my young tender years I intuitively chose them... as they helped me eliminate the dampness I am prone to. You will actually notice that a lot of young children like munching on cukes. Especially with a high **mucus** forming diet even more so. Even in the Victorian times the sandwiches were often filled with cuke in the summer for this very reason served with tea both having a super cooling affect on the system. And they have many

more super healthy effects on our body as you will read...

- Early doctors or physician priests of ancient Kemet (Egypt) began healing practices that were world renowned (a medical system that was developed over 3000 years) used the flowers of cucumbers with other ingredients to regulate **urination**
- According to Chinese records, cucumber was introduced to China around 100 B.C. (during the Han Dynasty. The first recorded medicinal use of the cucumber was in the 7th century. In Chinese medicine, cucumber is considered to have **heat-dissipating** (removing **damp heat**), and therefore having **diuretic** and **detoxifying** and also **laxative** effects. Its major uses include the treatment of excessive thirst (often caused by excessive damp heat), sore throat,

laryngitis, acute conjunctivitis, and burns. In most Chinese homes, however, whether eaten raw or cooked as a soup, cucumber is used only for keeping **cool** in summer

- In Chinese medicine: the fresh and dried forms of **roots** are used for **diarrhoea** and **dysentery**; and the **stems** for dysentery, urinary disorders and sores
- Cucumber stems have recently been used clinically in China for treating high blood pressure. Extracts of cucumber seedlings were also effective in treating high blood pressure and for treating tapeworm and are effective for reducing inflammation
- It is also used for treating painful acute conjunctivitis using a traditional Chinese remedy involving a well ripened cucumber
- Raw cucumbers contain large amounts of water (95%). The rest is made up of about 1% protein, 3% carbohydrates, minor amounts of fats (0.1%), minerals and vitamins, none in unusually high concentration. Cucumbers contain Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc
- Their bitter taste is due to compounds known as **cucurbitacins**, one of which has been found to have **antitumor** effects
- In Chinese Medicine the energetic property of the cuke is **cool** and particularly works on the **kidneys and stomach** (and spleen) meridians, you can now understand why it does what it does when consumed. I have often advocated many a patient with **kidney imbalances** (from kidney stones to high blood pressure etc) to drink the juice or eat cucumbers till they are coming out of their ears!! And they will pee very much eliminating **evil** (yes evil!) dampness and toxins such as uric acid and excess acidity and reduce oedema from around the eyes and around the ankles and more. **So you could say cucumbers really work on the JING**

- Plus the enzyme **Erepsin** which is found in the cuke and is also found in the **intestinal juices!** **And particularly helps to break down excessive proteins in the kidneys. Again Jing!** It is produced and secreted by the intestinal glands in the ileum and the **pancreas**...so the cucumber helps the pancreas to produce insulin! So it has a beneficial affect in **regulating the blood sugar levels.** Quite an amazing little cool gourd!
- If you are feeling **zonked or tired** then put down the caffeinated soda and pick up a cuke. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that **quick pick-me-up** that can **last for hours!** JING
- Or looking to fight off that afternoon or evening snacking **binge?** Then get out a cuke to thwart off **hunger pangs**
- Cucumbers contain **phytochemicals**. Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing **bad breath**.
- Beauty and the **skin**. **Silica** is the essential component that aids in keeping strong and healthy connective tissues including muscles, ligaments, tendons, cartilage, and bone. The phytochemicals such as vitamin C and silica content in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite by drinking the juice of cukes too of course. And works great on wrinkles too!!! And rehydrating the skin. Also the cucumber skin contains a high proportion of vitamin A which is excellent for mucus membranes and the skin
- Cukes also contain **electrolytes** so if you have

had to much too drink and want to avoid a **hangover** then eat cucumber! Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache

- Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, it also won't leave streaks
- And those grubs and slugs ruining your planting beds! Well just place a few slices of cuke in a small tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area

Video of Vandana Shiva on the problem with genetically modified seeds:
www.youtu.be/fg17oEsQiEw

Susan Laing practices Naturopathic Iridology and Nutritional Healing in West Yorkshire. She also trained as an Ashtanga Yoga teacher and follows the Shamanic path. For more information see: www.iridologyforhealth.co.uk www.raw-spirit.com ❀



How to feel a lot Happier, Healthier and more Fulfilled



This is the story of **Maureen & Phil Rooksby** and how the simplifications they made created massive improvements in their lives.

We've produced a booklet you can download for free, which aims to pass on some of our experiences and thoughts as we travel towards making ourselves a life which embodies true sustainability.

It all started in North Yorkshire, where for fifteen years we combined a conventional life (of jobs, mortgage, spending vast amounts of money) and teaching ourselves how to grow food organically/bio-dynamically, along with trying to live more in tune with nature. Then came a point when it couldn't be honed any further. We wanted to grow a wider range of crops, but that wasn't possible in that climate even with the purchase of a massive polytunnel. We had moved there deliberately, to live in a remote rural village, but that had since become gentrified with commuters, who didn't care a hoot about anything we were trying to do. Plus there were so many other con-

straints too, to living in the UK. The only answer was move again, this time to another country, somewhere a lot poorer, where the people were more dependent on self-sufficiency, less populated, less polluted, and carry on there trying to work out what kind of life we wanted.

That was in the summer of 2000. Today, twelve years later, we can look back on having spent nine of those years travelling, across Europe in a van, followed by a wonderful time spent alone on 500 acres of vast forest, on an island in Canada. All the time searching for what might be our ideal location and the means to make it work, until four years ago we found it, here in Andalucia, south west Spain.

Despite the amazing amount of time and sacrifice it took, our aim has remained true. This is because it was such a unique opportunity, to live and learn from the experience

of being among such different people and in such different places, all of which would have not been possible otherwise. This is how we came to realise what kind of life we really wanted.

Very briefly, because the booklet and our websites describe in much better detail, what we have now is:

From just the tiny amount of capital left after paying off our mortgage in Yorkshire twelve years ago (we imagined then it would only take us 3 months to find somewhere), on a two-bed house. We have bought outright (so never again need pay a mortgage or rent) 2.5 hectares (6 acres) of hillside. It has a south-facing aspect, which was chosen deliberately in order to gain the maximum of exposure to the sun, both to avoid frost and generate electricity, as well as making us feel good (nobody wants to live in the shadows). We are also high up at 600m (2000 ft), as this makes for a milder and more even growing climate throughout the year. We have our own source of pure spring water, for drinking and irrigation. The area is free of carcinogenic electromagnetic radiation, the kind you get from mains power lines/ pylons/ radar/ and mobile phone transmitters. Free too of deadly exhaust fumes from roads and cars. And so far away from other people it feels as natural and peaceful as you imagine it could ever be. Our house is the most basic we could have, though still a palace after living in a van for so long. Previously no more than a large shed, it has just one room (42m²), and there's no toilet or bathroom. Most of what else we need can also be found here on our land too. Electricity is generated by solar panels. Heating with wood coppiced from our trees. Sewage and waste is composted. We do not have television, a fridge or freezer, or any other expensive electrical equipment. In fact we own so little now there is no need for insurance. And what else we do need to buy we try first to find second-hand. Life has become so down-sized, even at this early stage (this is our third year), that incredibly we spend now less than a tenth of what we needed in Yorkshire twelve years ago.

Our **diet**, which has been vegetarian for the last 25 years, is also already a lot fresher and more raw than ever before, even without a traditional vegetable garden to grow stuff in. We chose not to make one here, despite everyone here having one, because while it seemed the ideal answer, it gets very hot (from May onwards) and would require not only a vast input of water to keep everything alive (which is expensive to pump and wasteful), the soil would need a similar massive dose of fertility regularly (also expensive, if not impossible to find), and all you get then is still a diet which, while undoubtedly healthier than a bought one, is totally unsuitable for what our bodies actually need. So we are working on an alternative. And this is **foraging**. Just like our ancestors, before money became more important than health and time. And are busy terracing the hillside in order to plant an edible wild herb wood (of permanent trees/ shrubs/ perennials/ and self-seeding annuals), where not only will there be everything we need (for medicine too), it will be as fresh as it is possible to be, raw, and in season/tune with nature. In the meantime we rely on making do. Avoiding anything **processed**, buying only what little we do need from

people we know grow without chemicals, and eating as much of what is available from the wild plants here, which are beginning to return in ever greater numbers/ range, now the land is no longer used solely to rear pigs. We are also tuning our bodies back to healthiness, with the help of a wonderful local homeopath. Which in itself has been a revelation, as amazing as all the rest put together. So awesome we've rejected conventional medicine altogether and are now relying solely on this. It's hard to explain why and what I mean exactly, because it's not anything like the **therapy** kind of homeopathy you get in the UK, where it's used in a conventional manner to treat symptoms, and usually only minor complaints (it is illegal in the UK for a homeopath to be your GP). Here this is for real, it's a totally **alternative** healthcare system, and the relationship with your practitioner is one where they work with you to re-balance and repair the best mechanism there is for healthiness, the one we each possess to heal ourselves. If you are interested in learning more please email or write.

All of which has given us a completely new perspective and appetite for life. For example, neither of us has to ever go to work each day any more. We now get up and what happens is totally focussed around the house. It's also intuitive, the place is teaching us what needs to be done. This is so absorbing that sometimes a week passes and we haven't even thought to go down to the nearest town (2km away) to check whether there's been any mail or messages. Nor is it boring, nor do we yearn for things like we used to, the next big gadget/ film/ cd/ restaurant/ or to travel. But most important of all, this is our **real life**. Not a holiday, or time-off. This is where and how we choose to live, and it feels right. What's more, the people around us understand that too, they still have that connection with the past. Best off all is though is the view. Either from the window or out on the porch. Perched out on a steep hill there is nothing but this vast horizon out there, where the distant stretches away for at least 60km and it's 180 degrees wide, where all is nature. This is as good as it can get.

Except with one exception. And that sadly is this idyll may not be ours for much longer. Not with global birth-rate spiralling out of control (at an all-time record of doubling every ten years), oil stocks so low it will soon be too expensive to use, and nobody cares a damn about anything except how to make even more money than last year. I predict the species is about to have a big wake-up call any day now. The only hope is that by sharing our experiences, showing there is another way, enough people will be sufficiently convinced to try it and survive.

The whole booklet can be downloaded for free from
www.tinyurl.com/feelhappier

For more information please visit our websites:
www.elpocito.wordpress.com and
www.monkeyandsofia.wordpress.com

or write to us:

Maureen & Phil Rooksby, EL POCITO, Oficina de correos, ALMONASTER LA REAL, 21350, Huelva, Spain ☘

Bonkers about Conkers!

Did you know you can make soap from conkers? Learn how to do this and lots more with Dawn Waterhouse.

As a little girl I just loved to collect and play with horse chestnuts – my sister and I would delight in who could collect the most from my Grandma's garden (Grandma would always ask us to take them away so she did not slip on them when pegging out – and of course we were happy to oblige). This amazing fruit belongs to a wonderful tree that is of great asset to our homeopathic and herbal repertoire, as well as to a natural child's toy box.

Not to be confused with the Sweet chestnut, the Horse chestnut loves sunny to partial shade and tolerates most soil types, although it appreciates moisture and good drainage. The mature tree can grow up to around 60ft tall and its domed shape is characteristic. The "sticky buds" are always of interest to children in the spring time when the leaves first start to make an appearance, shortly followed by the beautiful white cluster blossoms that form a cone shape. The toothed leaves are in a palm arrangement and are in clusters of 5 to 7 leaves. In the autumn the tree bears the non-edible fruit of childhood fun – the conker – encapsulated in a hard spiky husk that requires due care and diligence – or stampy feet – to open.

Why is it called a horse chestnut? Well there may be two reasons – once upon a time the fruit was fed to horses to help their coats shine, and secondly, when you remove a leaf from the stem a horse shoe mark is left behind!

Surprisingly, the horse chestnut is not native to our shores – having arrived in the UK in the 16th century from the Balkans. That said – its arrival provided the UK with a superb supply of natural resources.

Both herbally and homeopathically the tree provides a natural treatment. The homeopathic remedy *Aesculus hippocastanum* (the tree's botanical name) is made from the horse chestnut and is a great therapeutic for haemorrhoids and purple coloured varicose veins. It can also help someone with a weakness to haemorrhoids or varicose veins and have large blood vessels in their eyes. It can also help with painful backs, again where there is a weakness to veins and piles. Start with a gentle potency such as a 6c. A homeopathic practitioner may use the remedy for a wider array of ailments.

Herbally the horse chestnut preparation is applied as a topical treatment to veins to help reduce inflammation. Additionally herbalists may use preparations from the tree for circulatory related problems. In days gone by, horse chestnuts were carried in pockets to ward off rheumatism, possibly from its reported anti-inflammatory effects.

In the kitchen the leaves can be used as soap. Just take a few leaves scrunch them up in water and scrub! Amazing – it is a mild soap. Apparently The Vikings took this a step further and used the conkers to make a simple bar of

soap. Peel about 24 conkers -discarding the brown outer layer. Gently rinse the white inner. Grate the white conker inner on a cheese grater (do this carefully!!!). Line a bowl with a large piece of cheesecloth and fill with warm water, then put the grated conkers in the lined bowl of water and leave to soak for 1 – 2 hours. After soaking, gather the edges of the cheesecloth into a bundle and pull out of the bowl, wring the cloth contents to remove the excess water and then tip the pulp pieces into a rectangular soap mould. Press down very firmly. Then leave the soap somewhere warm to dry. It is reported to be great in the bath (I have not tried this yet – but once the fresh harvest is on the ground I shall be giving it a go!).

What I loved about conkers as a child was playing with them. Traditionally, everyone thinks about playing conkers with horse chestnuts – and quite right so – this game dates back throughout time using a wide array of nature's implements – from other nuts to shells, until the horse chestnut became the option of choice. But that was not my favourite game. We would use them as counters, pretend money, counting games, throwing games (such as aiming at a target) and we would thread them on string to make long conker snakes.

I recently did a web search to see if I could find any pictures of conker crafts – oh how amazed and delighted I was with some of the results that came up. In addition to those I recall as a child, I found a wonderful site (listed in resources) of eco nature crafts, one of which included conker animals and people. I just had to have a go! The conkers are not on the ground as I am writing this (but they will be soon!) so I rummaged through my nature basket that always has an array of the current 12 months nature objects waiting to be crafted or played with. I also retrieved some from the porch – kept there to hold spiders at bay (they are really not too keen on conkers – but replace them each year – as the chemistry does not last forever!).

So – my wonderful husband kindly drilled holes in each conker (with a curious look of "what are you up to now?"). I then set up my work station in the garden with an array of string, twigs (I used willow to peg the conkers together), a bradawl (to make the little holes for feathers/ leaves/ legs and antlers) and a collection of flowers, feathers and leaves that I fancied using. I did not have all the items used on the web link – so my imagination was applied and I had fun improvising.

A little while later I had created a caterpillar, a reindeer and a fairy – what a wonderful story could be told with these little characters – I did not use the string in the end, although my younger daughter joined in with the spirit of the game and created a necklace using conkers and string) and then she went on to make a quill pen holder. If you

wanted these to keep for regular use you could use a little wood / craft glue to hold them tight. This was so much more fun than using modern plastic construction toys and definitely required more thought and application.....and it was all for free! Amazing!

Don't forget another simple fantastic craft with the horse chestnut – bark and leaf rubbing. Gather a few crayons and some paper and have fun collecting the pattern using different colours. You could cut out the rubbings to make collages with or cut out leaves to make animal designs or fairy wings – your only limit is your imagination.

Just a final cautionary note- horse chestnuts are **poisonous** – please do not let little ones play with them unsupervised, and make sure they are aware of the toxicity of them – we always ensure our children do not leave them lying around when they have finished with them so the animals do not eat them. Also, if you choose to make soap with the horse chestnut – please be responsible. Do not leave little ones unsupervised with the soap – and DO NOT use the soap directly in the waterways as it is toxic to the fish. If the fish are able to get to a fresh water supply they should recover – but if not – bye bye little fishes!

Have fun making soap, washing, playing, healing and counting.....

Resources

Guide to the Horse chestnut tree
www.tinyurl.com/nhmchestnut
www.tinyurl.com/horsechestnut

How to make Viking Soap
www.tinyurl.com/vikingssoap

A note about playing conkers
www.tinyurl.com/conkers2

An absolutely great resource for making conker people!
www.tinyurl.com/conkercrafts

About Dawn: At 21, when faced with a crippling disease for the rest of her life, Dawn discovered natural remedies and raw food (that is over two decades ago). Her determination to walk down the aisle unaided and have a life free of medications was the motivation to discover a whole new way of being. When Dawn had children - she carried this passion for natural health forward for her unvaccinated children (now 8 and 12), combining the wealth of all her experiences she now teaches and supports natural immunity through private sessions, workshops and support groups.

Dawn is a raw foodist, qualified homeopath and Japanese Reiki Master and shares her non-judgemental experience in her workshops. The sessions are aimed to help you feel more confident about using alternatives for you and your family's health. Find Dawn on her website www.dawnwaterhouse.co.uk or Facebook www.tinyurl.com/dwnaturalhealth ☘



When the Earth becomes Paradise

Holly Paige proposes an outline of how we might go about getting back on track to our peak evolutionary potential.

In the last edition of Funky Raw Magazine we described some of the most immediate things we can do to feel better. As we become aware of how much we create our own life experiences and how much impact we have on our reality through the choices we make we realise that we are indeed living in an earthly paradise where we can experience potentially anything we can dream of. To reveal the mysteries and secrets of how we do this is our ultimate drive and to do this well, to feel good, experience joy and happiness for ourselves and those we love is our most compelling purpose. Scientists who have actually studied the nature of physical matter have concluded that it is composed of vibration, of probabilities, the outcome of which are affected by the observer. If it sometimes appears that we are not experiencing what we desire it is only because, as a species we have gone through a glitch in our evolution and become somewhat unconscious in the way we go about creating and looking at things.

Our primary characteristic as humans is that of free-will, an ability to live with intention, aim and a sense of purpose. So, what are the steps we might take to achieve our destiny, our greatest potential, to get back on track of our highest evolution, if that is what we choose? Before embarking on this topic it is helpful to think about what human nature is, what are the characteristics of human beings. We are by deepest nature caring and trusting beings with enormous capacity for imagination, ingenuity, adaptability, creativity, novelty, playfulness and pleasure. For whatever reason, there has been some kind of glitch in our development as a species, in the evolution of our consciousness. Virtually all cultures preserve myths which describe a fall from grace. For example, in the Sophia myth, the earth goddess, Sophia falls from the centre of the galaxy as she falls in love with the beloved product of her imagination, the human species. In the process artificial and deceptive entities come into existence. Humans were simply not designed to cope with the level of deception, mimicry and artificiality that we now encounter. There is a correlation between this myth and the theme of the 'biological fall from grace' whereby the loss of the tropical fruit biochemistry of our tropical forest biological home disrupted our hormone balance and the structure of our physical consciousness system. This led to dominance by the left hemisphere of the brain (cerebral dominance) plus a reduction in pineal function and left us in a state of delusion and limited awareness. Into this confused mix came the idea that we have got to get it 'right' by a set of

external rules, that we have to be perfect and a belief that suffering has a redemptive value, even stronger than the life force itself.

As humans with freewill we have the capacity to make choices and therefore make mistakes. We also have the capacity to self-correct through feeling. Error is fine and it is kept from getting out of hand through this feeling awareness. Ironically, the further we have deviated the more numbed off from our feelings we have become. Fortunately we don't have to put right the past. We can learn and become stronger from what has happened and expand into an even greater level of consciousness. Freedom has little value to us without a sense of purpose. So how might we embark on our divine purpose on this planet?

Although they are all interwoven, we can think in terms of three categories: regenerative nutrition and natural lifestyle, reclaiming our minds and conscious connection. Leading edge science is concluding that just as matter is a condensed form of energy, both are a condensed form of consciousness so, mystical as it sounds, as our consciousness refines, our physical environment, the earth, too, responds to become the paradise we intuitively sense it was designed to be.

Regenerative nutrition and natural lifestyle

To allow our bodies to become the most effective channels of what we wish to create, we need our physical vehicles to be clear, organised and energised.

Eating mainly raw and living foods brings in nutrients in their natural and alive forms. As readers of this magazine will know, there are countless documented benefits of raw food. What I would like to mention here is the intact, 'crystalline' cellular and molecular structure of food that has been undamaged by excessive heating. It has a natural living structure which allows for the flow of information patterns. Also, from a biochemical point of view, the brain is composed largely of fatty acids and is more effectively built from undamaged i.e. raw fatty acids. The neurotransmitters, the chemical messengers, in the brain are made of amino acids and similarly are built more effectively from undamaged amino acids. The flavonoids in fresh fruit and vegetables supply antioxidant protection for the brain and also boost the neurotransmitter levels.

Natural nutrition is more than food; it includes the air that we breathe, the water that we drink and bathe in, our

relationships with others, the colours, sounds and smells we expose ourselves to, the fabric that we put next to our skin, and the home environments we create. Natural lifestyle also encompasses our connection to the land, time and life cycles also the way we carry out our activities. Feeling, sensual, artistic and creative pursuits are important to engage our whole brains in the face of left hemisphere cerebral dominance. Dancing, or rather letting our bodies move to music is a particularly effective way to do this. Eye connection is another.

Reclaiming our minds

As we begin to generate a more active and balanced brain chemistry and feel more alive with more capacity for feeling we can more accurately navigate our way through lives of our conscious choosing. Taking 100% responsibility for our own happiness is one of the most liberating decisions we can ever make. Extricating ourselves from cultural programming and above all else the belief that suffering has a redemptive value we quit the role of victim and become more aware of how we dream into existence, co-create, attract and manifest what happens to us and around us. The past as a treasure trove of memories and resources and the future as a collection of visions, possibilities, probabilities become a real experiential part of the moment we are in. We begin to live in real time rather than conceptual time. No longer attempting to put right the past or project into an undecided future and instead inspired by the sense of what we are becoming, our purpose, we can make conscious choices in the 'now' which generate actions, thoughts and feelings and eventually manifest into the physical reality of our desires.

Conscious connection

As we put the pieces of the jigsaw together on the physical and mental levels a profoundly new sense of self

begins to emerge. This sense of self is actually rooted in different biochemistry and neural pathways, it is a new sense of being. One that feels better, feels more and is more functional, with a deep and mystical sense of connection to all that is. Feelings are our guidance to how well on track we are. We become aware that we choose to experience ourselves as individuals who have impact on each other so that we can experience the joy and pleasure of loving each other. Unconditional love i.e. the genuine care for someone else's happiness without demand of anything in return is the key. Feeling the energetic connection between each other we realise that the best thing we can do for others is feel good and the best thing we can do for ourselves is help others feel good so our desires tend to become more harmonious with others and unconditional love develops. Narcissistic desires are ones that are disconnected with the life of this earthly paradise and neither they or playing the victim role can give us true happiness. Physical connection to the earth not only electrically charges us in a beneficial way but tunes us into vast reservoirs of information in many areas. This, in turn helps refine our desires to be more wholesome and conducive to happy and harmonious ways of being. Healing the rift between the genders is part of this journey. Our differences are not that great or insurmountable when we appreciate the impact of hormones on the way we feel and also develop the three way relationship between a man, woman and the earth. Our visionary ideas of paradise on earth are an expression of our sense of what would bring us ultimate bliss on this planet and we can cultivate this vibration in ourselves in our everyday lives. As we refine our choices we may rediscover that euphoria is our natural state.

There is more information and also links supporting the ideas in this article at my blog:

www.foodforconsciousness.blogspot.co.uk ❁

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Real Love – Vitamin C for the Soul



The founder of Funky Raw, **Letitia Clifford** returns with the story of her journey of consciousness expansion through to finding real love.

For those of you who don't know me, I was the founder of 'Funky Raw'. It all started in 2004 whilst I was sitting meditating on a psycho-active, and had a vision of a raw food/consciousness gathering. There had been a group of pretty hard core raw fooders on the scene for a while with some radical ideas to say the least, and we were all aware of each other, and many of us were good friends. The raw food network at the time was dominated by those that really just made the food the issue at hand. Although this was great to tap into when I first found the raw food diet, this became rapidly boring for me once I had experienced the consciousness shift that occurred when combining a raw food diet with other spiritual practices such as entheogenic exploration and the like.

So I went about turning the vision I had into the reality of a summer gathering. I really wanted to promote the work by Tony Wright that gets presented in the book 'Left in the Dark', as well as weave together many different strands that I felt were important if we had any chance of creating paradise on Earth – which ultimately was a dream and vision many of my friends and I shared.

The gathering took many hours of hard work to create, and the first one in 2004 was very special and unique and I am sure it will be remembered in many hearts that attended. I know from feedback that many connections and friendships were made in that week, including lots that have lasted until this day.

At this first festival Steve Charter and myself discussed the possibility of a magazine to continue to bring together the creation of the space at this festival. The prospect scared me a little, but I thought it was a great idea and Steve put me in touch with Rob – and the birth of the 'Funky Raw' magazine and website materialised; I designed the magazine and website in a way that I felt people would enjoy, and eight years later it's still going strong thanks to Rob's hard work and dedication.

The second festival I created in 2005 had a slightly different feel to the first but it was also an incredible experience, with more people attending and an experiential feel rather than so many talks and lectures that had dominated the first.

In my own life things had started to change. My children were getting older, and I wanted to commit to putting into practice techniques that had been discussed in the magazine. I was meditating much more, and yearning for the space to start staying awake to activate the latent right hemisphere that was a big focus in Tony Wright's work. This was a very personal journey for me, which eventually led me to becoming highly reclusive, cutting off my phone and internet access. I wanted to delve deep into my own consciousness with no distraction and find a deep energetic connection to divinity that I had touched on but had not found a way to make sustainable or expand. With this as my new focus I handed on the running of 'Funky Raw' completely to Rob.

The journey I then went on was all consuming and fascinating. I experienced many peak moments. I did between 100-150 staying awake experiments of between 1-5 days; getting to the stage where I could stay awake for a 5 day period without a single second of tiredness.' without a single second of tiredness. During these experiments which I combined with entheogens and high doses of melatonin, my world was blown apart, and it would take a book or two to catalogue them all! But it is fair to say that I certainly activated the latent function I was searching for. I became incredibly intuitive and psychic, and was able to feel directly my energetic system internally as well as feel energy outside of my body. I could tune into others just by merely thinking about them, and would have direct impressions of where they were and how they were feeling, I was never wrong. Sexually I shifted from experiencing orgasmic energy mainly in my genitals to being able to feel this energy throughout my whole body and beyond. Other avenues opened up as well - being able to feel Earth energy and crystal energy profoundly. My mind expanded beyond recognition; I was able to think multiple thoughts at the same time, following each one without confusion, this is very hard to articulate, but it was intense to say the least. My strength, suppleness and stamina went through the roof and I was able to tune into my muscles in a way that 10 years of dance and athletic training was unable to ever reach. None of this was subtle, all of it was incredibly powerful. Many more things awoke in my consciousness and I have only given a very brief overview. Of course during this time I was also completely raw, but this had become second nature and something I did to support this consciousness exploration - rather than a primary goal as it was in the beginning.

Despite this intense shamanic journey my emotional life was far from grand. Something I have come to realise I was not alone in experiencing. After much exposure to those on similar radical paths within the alternative movement I have come to recognise that many people are far from being emotionally sound. The reasons for my explorations were to unlock latent function, not for emotional healing. This was very naïve of me and ultimately a downfall that led to my own personal 'fall from grace'.

As this intense journey was coming to a natural closure, and I decided to resume sleeping normally again (although I experienced lucid dreaming without trying for a year and half afterwards - a fascinating phenomenon in itself), many personal changes happened in my life that

were very difficult and extremely painful. A whole new arena opened up in my life and I resisted greatly these life lessons; I was so hooked on and consumed by the experiences I had had, that I was not able to see that these were like the spices in a cake and not the main ingredient. I was focused on the molecules of the pineal gland, and the exogenous analogues (the spice) rather than the molecules of the heart (the main ingredient).

Although many people talk about love in the alternative movement, I have come to believe that not many of us really truly know what love is. We either believe that it is fluffy and soft, or we mistake love for the common experience of power, pleasure, safety and praise. Something I have come to label as 'imitation love' thanks to the work presented by Greg Baer in the Real Love community.

Real Love, or Unconditional Love, is genuinely caring for another person's happiness with no thought of anything in return. This is not the love most of us are exposed too. You may have noticed a great deal of fall-outs and fighting in the raw food movement; this fighting happens not only in the raw food movement, but the alternative movement, and the world at large. I have come to conclude that this is because many of us have never experienced 'Real Unconditional Love'. Instead we trade a mixture of the imitation love outlined above. We are not really conscious that we are doing this, but many know that something is not quite right in our interactions even if we can't put our finger on it, or articulate it. We see the ego playing out, and we know that it creates pain and suffering, even when the words spoken are those of love, peace, and harmony. The raw food and alternative movement are far from being peaceful and harmonious. Many times I have wondered how the world at large is ever going to create such grand ideals, when those promoting them can't even get along. The paradox was mind-boggling!

During my experiments I had a very powerful dream, in this dream I was told by a strong feminine presence (that I could not see but could feel immensely), that I needed to learn to 'love rightly'. In this dream I whole-heartedly agreed to learn this lesson. When I awoke I knew that this dream was exceptionally important - but little did I know that it would become the driving force for the last 4 years of my life, or what this learning would entail.

Life, or divine intelligence has a funny way of bringing us exactly what we need. We resist, we fight, we run, we hide - but 'God' finds us, even when we are shattered and broken and don't know how to put the pieces back together. And there have been many times, over the last few years that I have felt incredibly shattered and broken.

The feminine presence in my dream was not going to turn her back on me, she was there at every step, holding my hand even though I didn't know it. Lesson after lesson was given to me - time and time again; exhausting, painful, horrid lessons - that eventually taught my ego to surrender and submit to Love. Unrelenting, was the battle, and my little selfish ego wanted to hold on for dear life. I was dumb, deaf, blind, stupid, and slow on the uptake. I can say these words now as harsh as they may seem, and they just don't scare me - even if at one point

to admit my flaws and mistakes would have been excruciating.

Over the last two years I had two serious emotional and mental breakdowns that brought me completely to my knees. I did not want to live, life held no joy and I desperately wanted the intense emotional pain that ripped through my heart to stop. During the second breakdown I prayed the deepest heartfelt prayer of my life and I knew that something very radical had to happen and change for healing to occur.

My prayer was answered and I found Real Love.

Ever since this discovery my life has been totally transformed. The principles of Real Love are very easy to understand. To have a life filled with joy and happiness, which is the highest ideal, we need three things to simultaneously occur:

Firstly we need to feel unconditionally loved, second we need to learn to love in this way ourselves, and lastly we need to take complete responsibility for our thoughts, feelings, and behaviour. If any of these are missing we will find it impossible to be happy.

Real love is described as the unconditional and genuine care for another with absolutely no thought or desire for anything in exchange. How many of us can honestly say this is how we have been loved, or how we love. I know it has certainly not been my experience in not only the receiving but also in the giving. Real Love is described as vitamin C for the soul, and without it our existence can be very painful. Many people that find Real Love, do so on the back of severe breakdowns. It is interesting that when the exchange of 'imitation love' finally begins to take its toll many people, especially sensitive people, find they just can't cope with life anymore.

Over the last few months I have completely immersed myself in the process of finding 'Real Love' from those that are capable of giving it as well as learning how to give it myself. Along side this I am taking more and more responsibility for everything in my life. Although there have been moments of pain in owning the truth as deeply as I have started to do, the payback has been phenomenal.

My relationship with the people I care about has improved beyond recognition, I am smiling and laughing again, and I feel more capable of dealing with all of life's challenges and creating a vastly different reality than the one I was living within.

One of the first steps on this journey is to tell the truth about ourselves. Greg Baer has highlighted 5 behavioural patterns that we use when we do not have an abundance of Real Love in our lives and in turn we become empty and afraid. These are:

1. Attacking/anger
2. Lying
3. Acting the victim
4. Clinging
5. Running

When we are empty we use 'getting behaviours' which include the first 4 on the list, and when we are afraid we use 'protecting behaviours' which include the first 3 also, but we will run instead of cling.

All of us will use these behaviours at different times in our lives, and when we start to tell the truth about ourselves we need to look at the reflection of our own consciousness and learn to accurately label, and tell the truth about the getting and protecting behaviours that we may be using at any given moment.

Some people believe they are very honest truthful people, but on closer inspection what we find is that many people who claim this, as I once did, are really only being honest about what getting and protecting behaviours they see others using. Although it is wise to become aware of the behaviours that other people use, it is much wiser to be able to identify the ones we use and own up to them. Most people find it almost impossible to tell the truth about their own use of these behaviours; it can be a bitter pill to swallow to own our attacking critical nature, the lies we tell, the way we act like victims, or when we are clinging and running. It can be embarrassing and painful, especially because most people have no idea how to love unconditionally and create a safe space for us to be truthful. It can be much easier to point the finger at others, something that is second nature for many of us.

This journey for me has been the biggest and most enlightening to date. When I birthed Funky Raw into existence I put an incredible amount of thought and energy into the underlying principles. However through experience I have come to personally realise that we can eat all the raw food we desire, practice all the spiritual techniques that are out there, take many radical steps towards so called enlightenment, yet without the foundation of unconditional love at the core, these experiences can mean very little. I could never have imagined that 8 years later I would have gone on such a profound personal journey bringing the simple and obvious truth of Love into my own life, and starting to share it with others. Neither could I have imagined the joy and happiness this would bring.

The creation of Paradise consciousness that is at the heart of 'Funky Raw' will be greatly enhanced when we can learn to love Unconditionally and let go of the getting and protecting behaviours that so many of us still use. Creating Paradise on Earth has many pieces that we need to fit together – and at the heart of this restoration is Love.

Real Love isn't just another important element that contributes to our happiness. It is *the* factor most important in determining our emotional well-being. We can no more be happy without Real Love than we can thrive physically without clean air, good food, and water.

For more information on what I have shared with you in this article please visit: www.reallove.com and www.realloveuk.com and my own personal website: www.heartsblossoming.co.uk ☼

Ashram Retreat: Shekinashram & Glastonbury

Need a break? Sally Holloway shares her experiences: yoga, meditation, raw food and the “permanent hippy festival” which is Glastonbury High Street!

Shekinashram, situated at the foot of Glastonbury Tor, used to be the only raw community in Britain. By the time I thought about visiting though they were just ‘high’ raw but they do offer a full raw breakfast with superfood smoothie so I thought it was worth a visit. I booked myself in for three nights private retreat and eagerly made my way to the main dining room on the first morning. I was not disappointed.

It was a buffet style feast of fresh fruit, nuts, seeds, interesting grains and dried fruits such as dates and unsulphured apricots. There were a range of soya yoghurts and, as you sat down to eat, out came large glasses of superfood smoothie made with fresh hemp milk and spirulina. It was a good part organic, tasty and a beautiful start to the day.

The Ashram itself is a haven of peacefulness, there were spiritual quotes dotted about, Hindu statues everywhere and beautiful pictures on the walls of Gurus, Gods and projects in India that the Ashram supports, and, of course, there were joss sticks. I was travelling alone and almost everybody there spoke to me; the few who didn’t smiled broadly and warmly.

For £8 you can have lunch there too. On the day I did it was stir-fry, rice and a variety of salads, including sprouted sunflower greens, chickpeas and seaweed. We held hands and gave silent thanks before we ate. Again it was buffet style and you are welcome to go back for seconds.

I also had as much raw chocolate as I could cope with because five minutes walk from the Ashram is The Chocolate Love Temple, a dedicated raw chocolate shop that offers free tasters! I was able to stay really high raw whilst I was there meaning both my body and spirit were nourished.

In fact Glastonbury high street was a revelation. It had an eco supermarket, an ethical hairdressers, a number of organic/veggie cafes and even the pub was advertising that their take-aways were in bio-degradable boxes. These nudged alongside the many spiritual bookshops/crystal emporiums/organic/native/fair-trade clothing stores. In fact, as I sauntered along I realised Glastonbury high street was like a permanent hippy festival, and if you like that sort of thing (and I do) it’s heaven. Since my visit I’ve heard that the eco supermarket have taken on a raw chef, so it just keeps on getting better.

There are a number of ways to visit Shekinashram; you can, like me, go on private retreat where you can join in

the community activities such as yoga and meditation as much or as little as you like. There are also various structured courses including a four day juice fasting retreat which I’m hoping to go back for. I was told that everyone in the community fasts alongside the participants (or finds an excuse to visit their relations that week!). If you are really keen you can go and live there as a volunteer on their Karma Yoga Retreat Program for £50 per week, or if you are just passing through they offer B&B.

Accommodation varies: rooms in the house are available from £32 (single) £55 (double), shared cabins at just £19 per bed, a yurt for £27, and at certain times of year they put up a couple of tents to cope with demand. The latter is all they had available when I booked, but it was comfortable with a thick mattress, duvet, additional throw and, should I need it, a hot water bottle ready for action. My tent was just £15 a night and that included the breakfast. I’ve never known such a bargain.

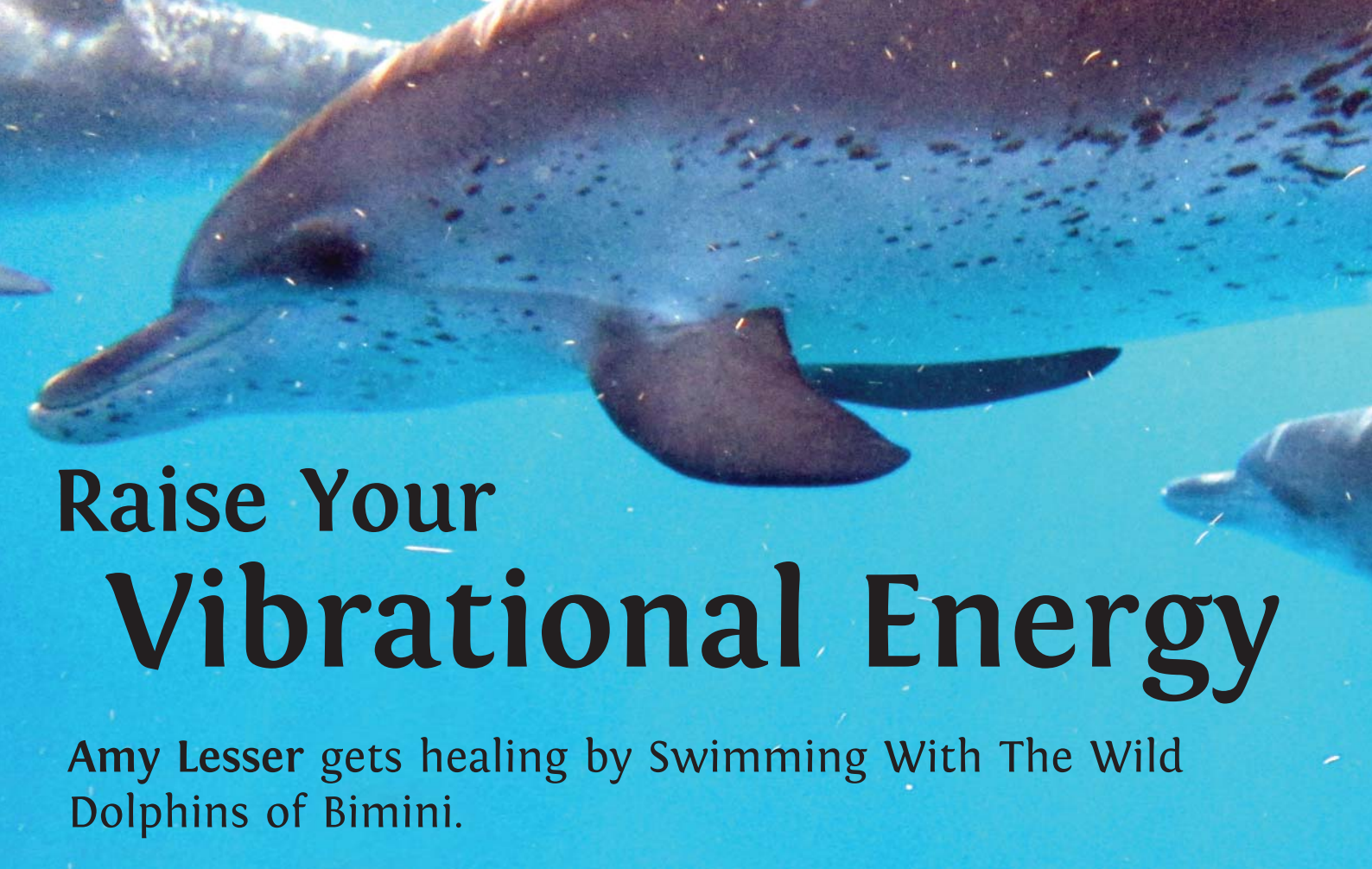
One of the nicest things the community do is every Wednesday they set up a table on the High Street and serve free vegan food to the community. I went along as a volunteer to do what’s called Prasadam (spiritual blessing), which from the outside might have just looked like dishing up food – but we were told to focus on the experience of giving, not to engage in too much conversation, and to keep in mind that we were not there to sell the Ashram. Being a bit of a chatterbox, this was new to me, but it felt lovely to just smile and nod gracefully when someone thanked me. Even though I loved everything about the Ashram, surprisingly going out into the community was my favourite bit.

The Ashram is very quiet, they start meditating at 5am and lock the door at 10pm. I very quickly slipped into their rhythm and started to sleep very well there in my little tent, surrounded by Hindu statues. I came away both relaxed and determined to go back. If you are interested in raw, and spiritually-minded, I cannot recommend Shekinashram highly enough.

*Sally Holloway is author of **Sprouting in the UK - How to Grow Greens, Beans and Superfoods**. Available on Kindle, ebay, or from www.sallyholloway.com ☘*

Shekinashram is in Glastonbury, England. You can find out more on their website www.shekinashram.org

They can be contacted on info@shekinashram.org or by phone 01458 832 300.



Raise Your Vibrational Energy

Amy Lesser gets healing by Swimming With The Wild Dolphins of Bimini.

At the edge of the horizon, where the blue turquoise sea meets with the sky, are the sharp curls of impressionistic waves. They wiggle and wave at the end of our vision as though cut from construction paper by a child. They remind us of the books we read as a child, filled with poems of the sea. Always present, those blue curling waves beckon of adventure and speak of distant lands.

It is no wonder, then, that our first trip to these sparkling waters yielded up a buried and lost child-self. The intuitive side of us that has always been connected to the higher vibrational light, but unable to find its way back, resurfaced.

We were scheduled for a one week stay at the Atlantis Rejuvenation Center (the ARC) on the island of Bimini, in the Bahamas, to meet up with friends, complete some last minute construction to their newly refurbished retreat, and ultimately, to soothe our own jagged waves by immersing ourselves in the healing Bahamian waters to swim with wild dolphins.

Bimini is one of only five places in the world where a swim in the ocean consistently guarantees a swim with wild dolphins. It is home to the playful and social Atlantic spotted dolphins, as well as many pods of Atlantic bottlenose dolphins. Wild dolphins swim right up to you in the water and encourage you to join in their pod by swirling, twirling, and frolicking in the waters of paradise. When you are in the water with the dolphins, they immediately begin to heal your cellular structure through their echolocation and sonar. Studies have shown that dolphins activate cellular healing in us by spontaneously encouraging our bodies to create more T-cells and 'feel good' endorphins. The echolocation from dolphins can be

felt in our skeletal structure, and ultimately reverberates through our spinal cord and into our brain. Dolphins impart their high frequency sonar and highest intelligence vibrations upon our cells and DNA.

We had come to swim with the dolphins, to heal our bodies with wholesome raw vegan food, and to meditate and stretch with yoga in the mystical land of the Atlantean energies. Bimini is known to be the home of the Atlantean stones, an underwater road of manmade ancient stones. The lost civilisation of Atlantis, prophesied to be located off the shores of Bimini by the late Edgar Cayce, American psychic and medical clairvoyant, were located in 1968, just as Cayce had predicted. You can snorkel and explore the Atlantean road, as we did during our stay in Bimini.

The vibrational energies of Bimini's waters are impossible to ignore. Situated directly in the vortex of the Bermuda Triangle, Bimini simply rolls with powerful emotions and clarity. This energy is enhanced to an unmistakable level when we join pods of wild dolphins in the sea.

Our dolphin boat, which left the bay at 2:00 and returned each evening at 8:00, floated us like winged flying fish directly out to the mirror clear waters of the dolphin grounds. Cheerful starfish dotted our path in the crystal waters below. Here we entered the land of the dolphins by donning our snorkelling gear, slipping into the silky ocean, and becoming one with the watery blue sea. There are no words to describe the energising epiphany that one experiences upon first swimming with wild dolphins. You could describe it as a mixture between pure joy and the ultimate love of the universe. It is a life milestone that redirects us back to what is essential and true, and inex-

plicably imbeds itself in our very cells. Some react to their first swim with dolphins with exuberant smiles or laughter, similar to the joy and carefree feelings of childhood. Some cry uncontrollable tears of pure joy. Some are completely overwhelmed at the beauty of it. All come away with a new door opened that lets in the most dazzling luminous light into the cortex of our souls.

The Atlantis Rejuvenation Center is the dream-child of Jenny Yemaya Cook. Jenny, who grew up in England, first came to Bimini 14 years ago in her quest to visit the greater vortex/grid lines of our planet. She described arriving in Bimini as, "Feeling as though I had come home." Though she did not know how to swim and had a tremendous fear of the deep water, she was soon relaxed and twirling in the deep with the dolphins. Bimini has a way of doing this. Whether it is the high mineral content in the beautifully clear Caribbean water, or the energy of the place itself, we felt like agile fish alongside the dolphins in the lovely blue world of sparkling Atlantean energies. Adding in the pure clean raw vegan food we ate that week, prepared with care by raw chef Amanda Russcol, our entire systems were cleansed, recharged and elevated. Beautiful verdant salads, four-star mains, and bursting-with-life raw soups are part of your daily experience. You will forage for sea vegetables such as sea purslane, prickly pear fruit, and kelp, that are then cleansed and added to our raw soups, juices, and salads. The intense energy shift and vibrational realignment from the dolphins is greatly assisted by a diet that is clean and pure. This helps you to raise the body light energy that you contain, even further

While at the ARC, you can soothe yourself, as we did, through yoga sessions in the restorative sea air. Every afternoon you will be privileged to head out to swim with the wild dolphins in the ultra pure waters of Bimini. It is

here, at the joining of our world and the dolphin world, that the dolphins will invite you into their sacred ground. Once you arrive at this border, simply practice respect, reverence and most of all, remembrance.

If you are looking for a way to quickly increase your energy vibration, to heal your body, or to reconnect with the pure joy of life that seems so lost in our busy world, visit the quiet and healing island of Bimini, and to reconnect with your child-self through playful swims with the wild dolphins.

Amy Lesser is a freelance writer, and lover of all things wild and natural, who recently swam in Bimini with the wild dolphins. See www.happypeasant.blogspot.com for more information. ☼

For the last 14 years, Jenny Yemaya Cook has been leading groups of individuals on retreats in the healing Bahamian waters of Bimini, to swim with wild dolphins, heal their bodies and reconnect with their authentic selves.

In 2012, Jenny's dream, the Atlantis Rejuvenation Center (the ARC), officially opened. Situated in the breezy quiet North Bimini Bay, the ARC now accommodates monthly retreats which include three fresh, living raw vegan meals a day plus snacks, raw juices, and smoothies. Daily yoga classes held on the beach or private healing sessions are available in addition to the life-changing daily trips to swim with the wild dolphins.

If you are interested in group bookings or would like to organise your own group or individual trip, you can learn more about the ARC, Bimini and ancient Atlantis at www.rawdolphins.com and www.atlantisrejuvenationcenter.com



Calling All Fanatics...

Derrick Jensen asks whether protecting nature should be more important than enjoying it.

I've always kind of hated that quote by Edward Abbey about being a half-hearted fanatic ("Be as I am—a reluctant enthusiast . . . a part-time crusader, a half-hearted fanatic"). Not so much because of the racism and misogyny that characterised some of his work. And not even because of the quote itself. But rather because of how that quote has been too often misused by people who put too much emphasis on the half-hearted, and not nearly enough emphasis on the fanatic.

The fundamental truth of our time is that this culture is killing the planet. We can quibble all we want—and quibble too many do—about whether it is killing the planet or merely causing one of the six or seven greatest mass extinctions in the past several billion years, but no reasonable person can argue that industrial civilisation is not grievously injuring life on Earth.

Given that fact, you'd think most people would be doing everything they can to protect life on this planet—the only life, to our knowledge, in the universe. Sadly, you'd be wrong.

I think often of a line by the psychiatrist R. D. Laing, "Few books today are forgivable." He wrote this, I believe, because we have become so very alienated from our own experience, from *who we are*, and this alienation is so destructive to others and to ourselves that if a book does not take this alienation as its starting point and work toward rectifying it, we'd all be better off looking at blank pieces of paper. Or better, actually experiencing something (or someone). Or even better, entering, as Martin Buber might have written, into a relationship with something or someone.

I agree with Laing that few books today are forgivable (and the same is true for films, paintings, songs, relationships, lives, and so on), and I agree for the reasons I believe he was giving. But there's another reason I think few books (films, paintings, songs, relationships, lives, and so on) are forgivable. There's that little nagging fact that this culture is murdering the planet. Any book (film, painting, song, relationship, life, and so on) that doesn't begin with this basic understanding—that the culture is murdering the planet (in part *because* of this alienation; and of course this murder then in turn fuels further alienation)—and doesn't work toward rectifying it is not forgivable, for an infinitude of reasons, one of which is that

without a living planet there can be no books. There can be no paintings, songs, relationships, lives, and so on. There can be nothing.

The conservation biologist Reed Noss has called his field a "combat discipline": we are in a crisis, and our attitudes and actions need to reflect this. And so I sometimes try to apply the Ed Abbey quote to the work of a firefighter. If you were trapped in a burning building, would you want the firefighters to be reluctant enthusiasts, part-time crusaders, half-hearted fanatics? Should the mother of a very sick child be reluctant or half-hearted in defence of that child?

I'm not saying we don't need recreation. I'm not saying we don't need amusement. Hell, I have three mystery novels in my backpack right now. I'm not saying a firefighter doesn't need to rest—having hauled seven unconscious people out of the burning building, we could hardly blame the firefighter for grabbing a quick drink of water or sometimes taking a day off; and I'm not saying the mother doesn't need to sleep or take some time away from the stress of caring and advocating for her child. We all need the occasional escape, or even indulgence. But we must be able to pursue those escapes and indulgences with the knowledge that others are rushing into the burning building, that others have taken over the job of advocating for whatever is necessary to heal that child.

And that, frankly, is part of the problem: there aren't nearly enough of us working anywhere near hard enough to stop this culture from killing the planet. Obviously, or the world would be getting healthier, instead of being desecrated with ever increasing speed. If there were more of us trying to stop this culture from killing the planet, then those who are working themselves to death could afford to take a little time off and not feel as if things would fall apart while they climbed the mountains or ran the rivers.

"It is not enough to fight for the land," Abbey continued; "it is even more important to enjoy it. While you can. While it is still there." But this part of the quote might actually bother me more, in part because of its fatalism and in part because we—humans—are not the point. Yes, absolutely we should enjoy and commune with and make love with and touch and be with and absorb and be absorbed by the land. Yes, absolutely we should sit in the sun and feel it warm our bones, and we should listen to the whispering voices of trees, and we should open our ears and our hearts to the voices of frogs. But when the forests are being flattened and the frogs are being extirpated, enjoying them isn't enough. So long as there's still something we can do to protect them, shouldn't protecting them be far more important than enjoying them? Because, once again, we are not the point. The trees, the

you'd think most people would be doing everything they can to protect life on this planet... Sadly, you'd be wrong.

frogs, do not exist for us. It is our culture that is killing them, and it is up to us to stop it.

Have you ever had anyone you love die or come to grievous harm needlessly, from some unnecessary act of stupidity or violence? I have. And in the aftermath I have never wished I had spent more time enjoying this other, but rather wishing I had acted differently such that I was able to prevent the unnecessary losses.

As my artist and writer friend Stephanie McMillan wrote in her essay "Artists: Raise Your Weapons": "If we lived in a time of peace and harmony, then creating escapist, serotonin-boosting hits of mild amusement wouldn't be a crime. If all was well, such art might enhance our happy existence. There's nothing wrong with pleasure or decorative art. But in times like these, for an artist not to devote her/his talents and energies to creating cultural weapons of resistance is a betrayal of the worst magnitude, a gesture of contempt against life itself. It is unforgivable."

I would extend her comments beyond art: in times like these, for anyone not to devote her/his talents and energies to defending the planet is a betrayal of the worst magnitude, a gesture of contempt against life itself. It is unforgivable.

The questions I keep coming back to are these: in this time, as countless multitudes of humans and nonhumans

suffer for the profits and luxuries of a few, and as species go extinct at rates greater than any in the last scores of millions of years—as large-vertebrate evolution itself is being halted—what does the world need? What does the world need from me?

I want to be very clear: I don't mean to imply that we shouldn't love the world or each other (human or nonhuman). Or that we shouldn't play games or have fun. I'm not saying we shouldn't rest or go hiking or read good books (and *Desert Solitaire* is a great book). I'm not even saying I have a problem with Abbey's quote as such; my main problem with the quote is the many would-be activists who use it as an excuse for inaction.

We are in a crisis, and we need to act as such. We need to rescue people from the burning building. We need everybody's help.

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*Hailed as the philosopher poet of the environmental movement, Derrick Jensen is author of twenty-one books, including *A Language Older Than Words*, *The Culture of Make Believe*, and *Endgame*. He writes for *Orion*, *Audubon*, and *The Sun Magazine*, among many others. To find out more about Derrick and his work see www.derrickjensen.org and to get involved see www.deepgreenresistance.org ☘*

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Poetry

Delicate Footsteps

The delicate footsteps of a frog's feet upon a lily pad are like the tickles of sweet longing upon my heart.

Stars and debris of what I am made is where I long to go; into the eternal is what my heart quietly whispers and in the eternal I am.

Like the Mother's womb, I am cradled upon the earth: growing, transforming, until I am birthed into the land of spirit. Spirit is where I am.

Spirit is where I am going.

If I could speak with the words of my heart, what would I say? Would I need to speak or would I know that the language of the heart is universal:

written in the forests,

in the mountains,

written in the blood of our veins.

The heart is all, and embracing all as heart is where you will meet yourself.

Devour me! Devour me!

Honeysuckle - wrap around my wrists, around my waist.

Lure me into your sweet stalk of nectar.

Allow me to taste your ever-giving nature.

Allow me to learn your way of life.

I wish too to taste so sweet.

Take me in - let me rest my flesh upon yours.

Oh Earth from where I come!

I fall down on my knees to rest my lips upon yours. I whom you tenderly feed.

Your love for me overwhelms and shakes tear drops from my eyes.

How can I express my love?

Can I help the bees;

Or the birds with the seeds?

Show me a way that I may love as you do!

by Tamasea Lambis

Essence of Love

The sovereign threads of our soul unity
Enliven, strengthen
Beyond time and space
Beyond this place we call present moment
Defies logic and reason
The momentous expansion of the essence of love

Denial is futile
Love will have its way
The energy of love flows like a river
As from source it came
And will return

Separation is but an illusion
To attempt to place boundaries on the boundless
The unified field beckons you forth
To know the truth, the eternal love
The infinity of light reuniting all in oneness

The soul knows the frequencies unto which it is magnetised
The heart feels bliss upon reunification
Remembering past lives
Spaces and places are different, yet the soul eternal
I remember YOU

by Sarah Ince - www.blueappleswriting.org



Marvel

We came to see the marvel in the subtlest of schemes,
Powdery stuffing pushing, gushing through seams,
Ushering nature to unfold its dreams

So I'm light to the woods, and a candle in hand,
Alert to the static and life in this land,
I gather those calling, those bursting to tell
Those pieces of charcoal ooze ash potential

So I lift all the acorns and nurture their needs
I see the whole universe expanding in weeds
And splinters take shape on the seasoned soil floor
I ought to see mushrooms; all I see is a door
And I tease all the daisies to lend me a petal
To give me the poison and sting of the nettles
And tip-toeing gently, I'm safe through the porch
I can let go of lanterns, my heart is a torch

And I'm found. Here I am amidst all the hushed leaves,
Shaping the maples and sculpting my dreams

Artwork and poetry by Hazel Siddall

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